



PLEASING PICKY EATERS
FAMILY COOKBOOK
AUTHORS SHARE 'FAST
FOOD' RECIPES {page 15}

JOBLESS IN JULY?
YOUTH-CENTRIC
ORGANIZATIONS CAN
HELP {page 19}



**BRINGING
SEXY BACK
TIMBERLAKE,
BIEL ON AGAIN?**

{page 14}

**Laurier Avenue
Bike Lane - Now Open**

**Cycle Ottawa...
on the right path:**

- Healthy and Active
- Green and Clean
- Safe and Convenient

For more information visit
ottawa.ca/bikelane



OTTAWA

metro

®

Monday, July 11, 2011
www.metronews.ca



News worth
sharing.

Bike lanes form barrier

► Ontario's first segregated bike lanes in a downtown core ► City removed some curbs for commercial buildings but ignored those in front of residential buildings, homeowners say

The Laurier Avenue segregated bike lanes are officially open, setting cyclists' minds at ease as they navigate through the downtown core.

Proponents of the pilot project cheered at a ribbon cutting yesterday, but not everyone was celebrating. A group of seniors and persons with disabilities at the event said the concrete barriers running along Laurier Avenue block the front entrance to their building on 556 Laurier Ave. W. The barriers are meant to prevent vehicles from crossing into cyclists' paths.

"It's a hassle to get out of the building," said Lucile McGregor, who lives in the building. "And there's been no consultation with the homeowners who live in that section."

McGregor cannot lift her legs over the barrier and says she has to walk down the steep hill on Percy Street to enter her building.

Mayor Jim Watson and councillors Mathieu Fleury and Marianne Wilkinson attended the ribbon-cutting ceremony yesterday in front of the Ottawa Public Library before cyclists tried out the new lanes. Watson said he is aware of the complaints and said the city is open to feedback from residents.

● JOE LOFARO



► Lucile McGregor says the concrete bike-lane barriers on Laurier Avenue West make it difficult for her and her neighbours with disabilities to access the front entrance to their building.

East Africa

'Worst' crisis, says UN

► Drought engulfs Somalia ► Thousands of refugees arriving at camps every week {page 6}

Harry's spell

Metro speaks to professor about Potter's popularity {page 11}



Extreme couponing

Class teaches savvy shoppers tricks on pinching pennies {page 18}

LASIK MYTH #3

"LASIK is still too new. There are no long term results."

Forget the myths... get the facts!
Visit www.lasikmd.com/facts

LASIK FACT

LASIK has more than 20 years of proven results.

LASER VISION CORRECTION

Starting at

\$490

Financing Available

LASIK MD

VISION

FREE Consultation
1-877-769-3030

IntraLase SBK Available

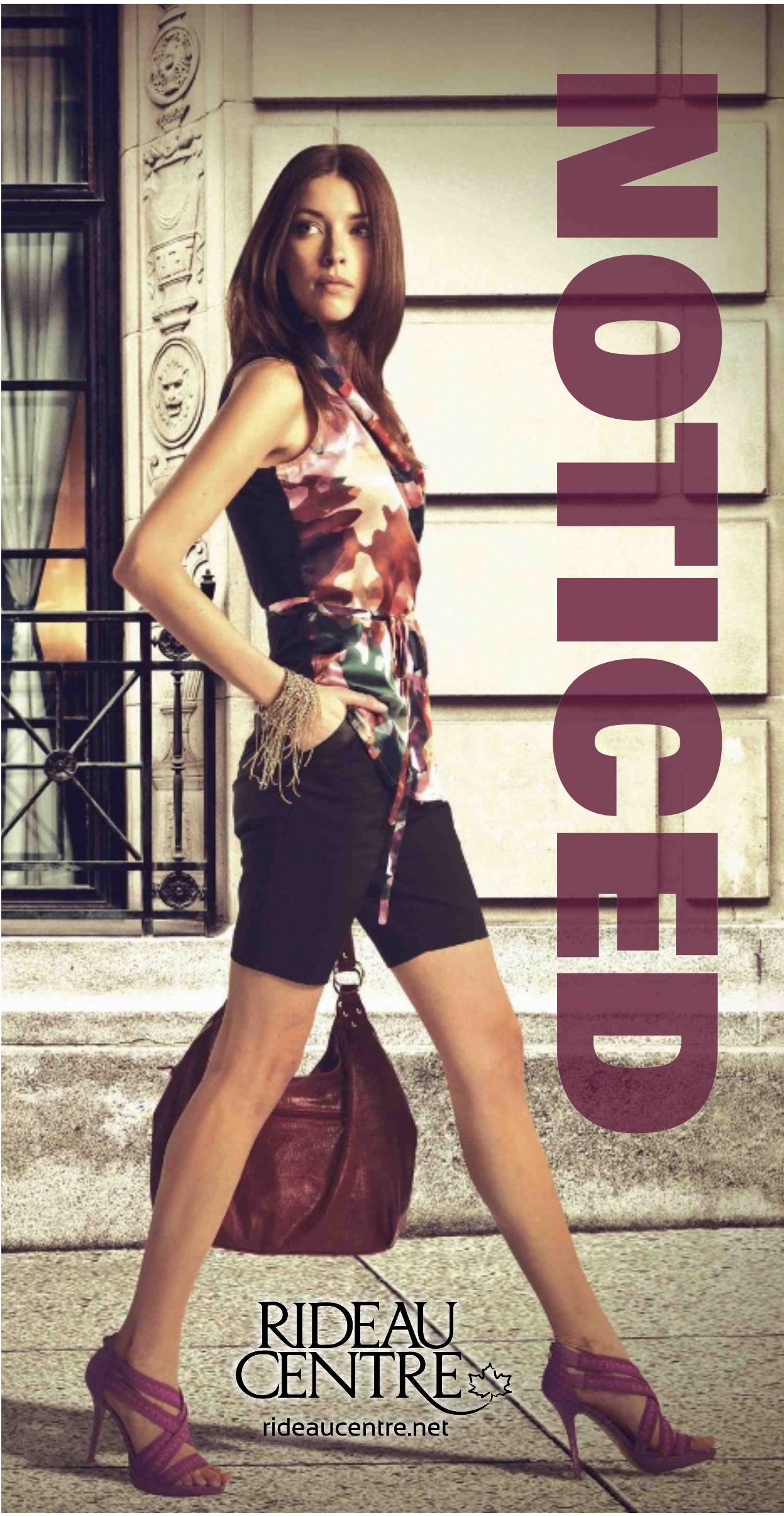
OTTAWA
Chambers Building, 42 Elgin St.

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to eligible patients only.

Dr. Pierre Demers MD, FRCSC
50,000 procedures

Dr. Avi Wallenstein MD, FRCSC
50,000 procedures

Dr. Ralph Zabel MD, FRCSC
25,000 procedures



NOTICE

RIDEAU
CENTRE 
rideaucentre.net

SUMMER SALE

JULY 4 – 17

ENTER TO WIN A \$500 RIDEAU CENTRE GIFT CARD!

Download your ballot at rideaucentre.net. Completed ballots may be dropped off at the Customer Service Centre (3rd Level next to Zara) until July 17.



SUMMER FASHION REPORT

Visit rideaucentre.net, see our Summer Trends Report and What's In Store at your favourite Rideau Centre retailers and sign up for our monthly newsletter!

OPENING SOON!

Forever 21
Fossil
Judith & Charles
Pandora

Master. Piece



► Sandra Akarezi, 15, background, and Lara Huard, 13, foreground, watch as artist Marcio Melo talks about their collaborative mural entitled La Difference.

SEAN MCKIBBON/METRO

Looking at the bigger picture

Working with a handful of local high school students, Pontiac artist Marcio Melo put the finishing touches on a collaborative work yesterday at the Montcalme Gallery at Gatineau City Hall. The mural is one of about 100 Melo has created with Quebec students over the last 12 years as part of an arts program sponsored by the province's culture ministry. Melo says he enjoys helping students to express themselves through visual media. The mural and other works by Melo will be on display until Aug. 21 at the gallery. On the final day members of the public will be able to meet Melo and work on art of their own.

Local courts bucking trend

► Program called Justice on Target started in 2008 to cut down on number of days and court appearances by 30 per cent ► Attorney general says 'huge turnaround' observed



SEAN MCKIBBON
@METRONEWS.CA

It took Ottawa's courthouse longer on average to dispose of criminal cases in 2010 than it did a year before, despite a concerted effort across the province to cut wait times.

Ontario Attorney General Chris Bentley says the province's courts have seen an encouraging drop

in processing times three years into a program to eliminate wasted resources, but Ottawa bucked the trend, seeing case-disposal times climb 28.6 per cent, from 217 days to 279 days on average for a case to be disposed of.

Stuart Konyer, vice-president of the Defence Counsel Association of Ottawa, said he was surprised at the increase, given the ef-

forts of the local Justice on Target committee.

"I would say most of the routine cases are taking less time," he said.

Improvements have been made in some areas. Average disposal of homicide cases was more than halved in 2010, with an average disposal time of 317 days compared to the average 680 days that it took for cases that were disposed of in 2009.

"I think there's more and more complex investigations that lead to charges that are more complicated in nature and that just end up taking longer to litigate."

STUART KONYER,
VICE-PRESIDENT OF THE DEFENCE
COUNSEL ASSOCIATION OF OTTAWA

Attempted murder and sexual assault case-disposal times were also down, but robbery, thefts, possession of stolen property, mischief and failures to appear all took more court time.

Appearances in Kirkland Lake were down almost 45 per cent; in Kingston, 18 per cent; in Brampton, nearly 17 per cent; and in North York, 15 per cent.

WITH FILES FROM THE CANADIAN PRESS



Losing a house just the beginning of debt nightmare for Spanish mortgage defaulters.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

Should a DUI conviction be enough to keep immigrants out of Canada?
Guidy Mamann explores potential costs to our economy at metronews.ca/immigration

PANDORA®
UNFORGETTABLE MOMENTS



Gift with Purchase • July 2ND – July 31ST
Receive a PANDORA Lariat with sterling silver ends (a \$30 CAD retail value) with your PANDORA purchase of \$75 or more.*

*Before taxes. Charms shown on lariat are sold separately. Good while supplies last, limit one per customer.

PANDORA® STORE

St. Laurent
Laurent Centre • Ottawa, ON
613.741.7577

JUBILEE
FINE JEWELLERS
Since 1952

St. Laurent Centre
Bayshore Shopping Centre
Carlingwood Shopping Centre



► Southern Sudanese wave flags and cheer at the Republic of South Sudan's first national soccer match in the capital of Juba yesterday.

PETE MULLER/THE ASSOCIATED PRESS

A warning after Juba's jubilation

► South Sudan is expected to become the 193rd country recognized by the United Nations

A day after the jubilation of South Sudan's independence proclamation, the U.S. ambassador to the UN warned yesterday of a "real risk" that the north-south peace process could unravel unless outstanding issues such as oil and border demarcations are quickly resolved.

Celebrations rang out Saturday in the South Sudan capital of Juba, the first day of independence after decades of civil war between Sudan's north and south. Some two million people died in the most recent war, from 1983 to 2005.

Omar al-Bashir

► **Two nations.** Sudan President Omar al-Bashir, who is wanted for war crimes for his role in the conflict in Sudan's western region of Darfur, attended Saturday's ceremony and appealed for the two nations to work to "overcome the bitterness of the past."

Yesterday, the capital appeared hungover from its massive celebration, though small groups of people still sang and danced on street corners.

The new country's national anthem played from speakers and cellphones.

The joy of independence day temporarily overshadowed the ongoing hostilities between the northern army and southern-allied forces in the northern state of South Kordofan and other violence along the north-south border. The south and north have yet to agree on a demarcated border, and the issue of oil remains contentious. The south has most of the oil but it must move it through the north's pipes.

THE ASSOCIATED PRESS

Activists postpone planned voyage to Gaza

LIONEL CIRONNEAU/THE ASSOCIATED PRESS



► Pro-Palestinian activists protest yesterday in front of the Eiffel Tower in Paris.

Canadian activists trying to deliver aid to the blockaded Gaza Strip have decided to put off their voyage for now.

Organizers announced the decision Saturday after the Canadian ship, known as the Tahrir, had been prevented from leaving a port in Greece for several weeks.

Greece has banned vessels heading to the blockaded strip, citing safety concerns.

After inspections and administrative delays, the Canadian ship tried to leave for Gaza last Monday but was quickly turned back to shore by the Greek coast guard.

Organizer David Heap, who was aboard the Tahrir, said he's disappointed the ship wasn't able to bring aid to Gaza.

But the group succeeded

in drawing attention to the conditions there, he said.

"Obviously some individuals are disappointed," he told The Canadian Press in a phone interview from Greece on Saturday.

"But we have had remarkable success ... in getting this issue into the spotlight."

THE CANADIAN PRESS

Harper's take

- 1 The Harper government has remained critical of the flotilla.
- 2 Foreign Minister John Baird has called the mission "provocative" and "unhelpful."
- 3 He has also urged those wishing to deliver humanitarian goods to Gaza to do so through established channels such as the International Committee of the Red Cross/Red Crescent.
- 4 A similar flotilla last year ended in bloodshed, when nine people were killed and 45 were injured after Israeli soldiers boarded a Turkish ship.

Horse put down at Stampede

The Calgary Stampede got off to a rocky start Friday night when a horse had to be euthanized after breaking its leg during the chuckwagon races. "The leg injury was considered a catastrophic injury, so our veterinarian made the decision to euthanize the horse immediately," said Stampede spokesman Doug Fraser. THE CANADIAN PRESS

Immigrant's bid rejected

The Federal Court of Appeal has rejected an illegal immigrant's bid to have her medical treatments covered under Canada's health-care system, saying it could undermine immigration laws.

The three-judge panel ruled against Nell Toussaint, a Grenadan citizen who came to Canada as a visitor in 1999 and settled in Toronto.

THE CANADIAN PRESS

Man arrested after theatre break-in

Authorities say they have arrested a man on charges of burglary and criminal mischief in connection with a break-in at the New York City theatre where David Letterman tapes his television show.

Police responded to a 911 call of a burglary at the historic Ed Sullivan Theater on Broadway around 7 a.m. yesterday.

THE ASSOCIATED PRESS

BANK OF CANADA
BANQUE DU CANADA



FREE ADMISSION

245 Sparks Street • Ottawa • 613 782-8914 • www.currencymuseum.ca

July 1st to August 1st

Throughout Canada's history, Royal portraiture has graced generations of Canadian bank notes.

Come and see these "portraits of note" in a display honouring our newest Royal Couple's first visit to Canada. As a special bonus, you'll get a sneak preview of another new generation—the Bank of Canada's new Polymer series \$100 note.

The new note, unveiled on June 20 and slated for release in November, can be seen only at the Currency Museum of the Bank of Canada!

CITYLIMITED.ca

Limited Time Local Offers at Exclusive Prices

ONLY available from 7:00 am JULY 11 - 11:59 pm JULY 13

\$279 **ONE YEAR of UNLIMITED LASER HAIR REMOVAL**

Applies to ALL body parts - Pain Free Procedure - Great for Men and Women - Permanent Hair Removal

Regular Price: \$5,600

You Save: \$5,351

Discount: 95%



Questions about this incredible offer? Give us a call at 1-855-296-2929

CityLimited.ca negotiates incredible, limited time discounts between 50 - 90% off popular Ottawa businesses by arranging a group discount.

CITYLIMITED

To buy this deal visit www.CityLimited.ca

Drought engulfs East Africa

World Food Program estimates that 10 million people need humanitarian aid

The head of the UN refugee agency said yesterday that drought-ridden Somalia is the “worst humanitarian disaster” in the world after meeting with refugees who endured unspeakable hardship to reach the world’s largest refugee camp.

The Kenyan camp, Dadaab, is overflowing with tens of thousands of newly arrived refugees forced into the camp by the parched landscape in the region where Somalia, Ethiopia and Kenya meet.

Antonio Guterres, the head of UNHCR who visited Dadaab yesterday, appealed to the world to supply the “massive support” needed by thousands of refugees showing up at this camp every week.

Crammed Camps

Dadaab’s three camps now host 382,000 refugees.

Arrivals from last year multiplied by six with Somali refugees desperate for food.

In Dadaab, Guterres spoke with a Somalia mother who lost three of her children during a 35-day walk to reach the camp.

“I became a bit insane after I lost them,” said the mother, Muslima Aden. “I lost them in different times on my way.”

THE ASSOCIATED PRESS



► Luul Jeele, 23, holds her one-year-old son, Issack Ahmed, as she waits for her father to construct a makeshift shelter for their family on the outskirts of Dagahaley Camp, outside Dadaab, Kenya, yesterday.

REBECCA BLACKWELL/ THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.



**Ottawa Psychopharmacology Clinic
Smyth Medical Centre**

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>

News in brief

Airplane scare

SECURITY. A United Airlines flight from San Francisco to Frankfurt, Germany, has been diverted to Chicago after a threat was found in a bathroom.

United spokesman Charles Hobart says in an email that Flight 926 landed at O’Hare International Airport about 1 a.m. yesterday. The plane was searched, cleared and allowed to continue on to Germany.

THE ASSOCIATED PRESS

Gaza aid on hold

DELAY. Canadian activists trying to deliver aid to the blockaded Gaza Strip have decided to put off their voyage for now.

Organizers announced the decision Saturday after the Canadian ship, known as the Tahrir, had been prevented from leaving a port in Greece for several weeks.

Greece has banned vessels heading to the

blockaded strip, citing safety concerns.

THE ASSOCIATED PRESS

Another ‘final’ for NASA

FINALE. In a flight full of emotion, Atlantis made the final docking in shuttle history yesterday, pulling up at the International Space Station with a year’s worth of supplies.

The station’s naval bell chimed a salute as Atlantis docked 386 kilometres above the Pacific.

Atlantis is being retired after this flight, the last of the 30-year shuttle program.

THE ASSOCIATED PRESS

Syria VP talks reform

Syria’s vice-president called yesterday for a transition to democracy in a country ruled for four decades by an authoritarian family dynasty, crediting mass protests with forcing the regime to consider reforms while also warning against further demonstrations.

THE ASSOCIATED PRESS

Train crash in India

Rescuers searched for survivors in the wreckage of a packed express train that derailed in northern India yesterday afternoon, killing at least 31 people, while officials said a second train derailment hundreds of kilometres to the northeast appeared to have been caused by a remote-controlled bomb.

Rescuers were working to reach the second derailment, which occurred late last night in a rural area of Assam state, injuring at least 100.

In the first crash, the Kalka Mail train was on its way to Kalka, in the foothills of the Himalayas, from Howrah, a station near Kolkata, in eastern India.

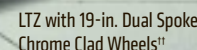
THE ASSOCIATED PRESS

14M

14 million is the number of passengers that India’s railroad network, one of the largest in the world, carries everyday.



PAY WHAT GM EMPLOYEES PAY**



EQUINOX LS

EMPLOYEE PRICE WITH VARIABLE RATE FINANCING

\$155 AT 3%

**BI-WEEKLY FOR 84 MONTHS.* \$0 DOWN PAYMENT.
TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI & LEVIES.**



46 MPG
HIGHWAY

6.1 L/100 km HWY
9.2 L/100 km CITY^Δ

PLUS 0% FINANCING ON THESE MODELS



MALIBU LS

EMPLOYEE PRICE WITH FINANCING

\$176 AT 0%

BI-WEEKLY FOR 60 MONTHS.¹ \$0 DOWN PAYMENT. TAXES NOT INCLUDED.
INCLUDES FREIGHT, PDI, LEVIES & \$1,000 CASH CREDIT.*



TRAVERSE LS

EMPLOYEE PRICE WITH VARIABLE RATE FINANCING

\$194 AT 3%

BI-WEEKLY FOR 84 MONTHS.* \$0 DOWN PAYMENT. TAXES NOT INCLUDED.
INCLUDES FREIGHT, PDI, LEVIES & \$2,300 CASH CREDIT.*



IMPALA LS

EMPLOYEE PRICE WITH FINANCING

\$185 AT 2.9%

BI-WEEKLY FOR 72 MONTHS.¹ \$0 DOWN PAYMENT. TAXES NOT INCLUDED.
INCLUDES FREIGHT, PDI & LEVIES.



Redeem your GM Card earnings today.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***



ASK YOUR DEALER ABOUT LEASING visit: ontariochevroletdealers.com

Paper expires but scandal will not die

► Documents reportedly show News of the World executives knew more about phone hacking than they let on ► Murdoch's BSkyB bid imperilled



► The demise yesterday of Britain's News of the World tabloid does not end the questions surrounding Rupert Murdoch's media conglomerate, which has been hugely influential in British politics for years. Chief among them: What did Murdoch and his executives know about the actions of News of the World journalists?

Rupert Murdoch touched down in London yesterday to take charge of his media empire's phone-hacking crisis as his News of the World published its last edition.

But the scrapping of the 168-year-old tabloid has not tempered British anger over improprieties by journalists working for Murdoch, and his \$19-billion US deal to take full control of satellite broadcaster British Sky Broadcasting remains in jeopardy.

The 80-year-old News Corp. CEO was seen reading the paper's last issue in a red Range Rover as he was driven to the east London offices of his U.K. newspaper division, News International. Later, at his London apartment, he

met with News International's chief executive, Rebekah Brooks, who led News of the World when its reporters committed some of the most egregious ethical lapses.

Murdoch has publicly backed Brooks, who insists she had no knowledge of wrongdoing.

The drama has expanded at breakneck pace after allegations News of the World journalists paid police for information and hacked into the voicemails of young murder victims and the grieving families of dead soldiers. Three people have been arrested, including Conservative Prime Minister David Cameron's former communications chief Andy Coulson.

Cross words

► Some of the 200 journalists laid off from the News of the World appeared to sneak a message into the paper to Rebekah Brooks, who was editor-in-chief when the tabloid committed some of the worst ethical lapses, but has kept her job.

► Clues in one crossword puzzle included "Brook," "stink," "catastrophe" and "criminal enterprise."

► A second crossword contained the hints "string of recordings" and what many interpreted to be a direct jab at Brooks: "Woman stares wildly at calamity." The answer to that clue? "Disaster."

The Guardian newspaper reported yesterday that emails and memos from 2007 only recently turned over to police show News International was aware that phone hacking was more widespread than publicly acknowledged.

The scandal has the potential to bring down the coalition government. Yesterday, Nick Clegg, leader of the Liberal Democrats, threatened to split the coalition by siding with a Labour plan to block Murdoch's takeover of BSkyB.

Closing down the News of the World is seen by some as a desperate attempt to stem negative fallout from the hacking scandal and thus save Murdoch's bid for BSkyB.

THE ASSOCIATED PRESS

Crown patents of little use to landowners: Legal expert

The Ontario Landowners Association is urging landowners across the country to get copies of their Crown patents, a document issued by the Crown to the original owner of a piece of land. They are the latest tool being used by the

group to combat government intrusions on private property.

Crown patents date back to the late 1700s, when the Britain transferred ownership to settlers. The OLA argues that the patents conferred ownership and a

certain amount of rights to the original owner and anyone who would own the property in the future. They believe the patents void government legislation that might apply to their properties.

But Michael Lamb, a Uni-

versity of Western Ontario law professor, says the Crown technically owns all land in Canada, and this legal underpinning gives governments the right to assert some control over people's private property.

THE CANADIAN PRESS

Good works means good pay, for some

Some senior executives of Canadian charities earn salaries well into six figures, The Canadian Press has found.

The Canada Revenue Agency keeps a database of all the country's 85,000 registered charities, which must disclose how much their 10 highest-paid workers take home.

There are about a million charity workers in Canada. The CRA database shows more than 6,000 of them earned above \$120,000 last year. A few hundred made more than \$350,000, and another 12,000 workers made between \$80,000 and

\$120,000.

It's likely the number of charity workers making six-figure salaries is greater, since organizations must disclose only their Top 10 earners.

However, charities defend the high pay by saying they have to pay top dollar for the brightest talent.

"If you really want those charities to have an impact and make a real difference, you're going to need to bring in the best people to work in that sector," said Marcel Lauziere of Imagine Canada, an advocacy group for Canadian charities.

THE CANADIAN PRESS

POLLINATION FOR THE NATION

Worker bees need better deal: Biologist

They toil from the day they're born to the day they die — without pension plans, overtime pay or collective bargaining rights — to produce 87 per cent of North America's food supply.

Now Concordia University biologist Melanie McCavour wants recognition of the economic value of work done by bees and other crop-pollinating creatures.

Current estimates of the value of global annual agricultural production provided by natural crop-pollinators are in the neighbourhood of \$250 billion. Assigning a monetary value to pollination is the first step in establishing a protocol for protecting pollinators. The logic goes that if people realize the labour value of worker bees, bats, birds, beetles and butterflies, policy-makers will develop better environmental and agricultural policies.

"We're asking for a study to determine the exact dollar amount of these pollinators to our economy," McCavour said. THE CANADIAN PRESS

Market moment

TSX



- 34.3
(13,371.7)

Dollar



- 0.22¢
(104.09¢ US)

Oil



- \$2.47
(\$96.20 US)

Natural gas
1,000 cu ft
\$4.14 US
(+ 1¢)

Gold contract
\$1,541.60 US
(+ 11)

No deal yet on U.S. debt

U.S. congressional leaders must work out a debt deal within the next 10 days, President Barack Obama said yesterday as he convened a meeting with the eight top House and Senate leaders to fashion a deficit-reduction package for the next 10 years. Obama is pushing for a massive \$4-trillion deal for reducing the deficit, while Speaker John Boehner and other Republicans prefer a smaller, \$2 trillion plan. However, White House aides hinted yesterday that there is room for negotiation on a more modest approach. THE ASSOCIATED PRESS

ROGERS™
authorized dealer

BROCKVILLE

1000 Islands Mall
(613) 345-3161

CORNWALL

Cornwall Square
(613) 936-2083

GLOUCESTER

Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA

Hazeldean Mall
(613) 271-1153

Kanata Centrum Shopping Centre

(613) 599-9690

KINGSTON

Cataraqui Town Centre

(613) 634-9897

Kingston Centre

(613) 546-6043

122 Princess St.

(613) 549-0315

NEPEAN

Merivale Market

(613) 224-3827

2-130 Riocan Ave.

(613) 823-9240

ORLEANS

2020 Lanthier Dr., Unit E2

(613) 590-0289

OTTAWA

901 Carling Ave.

(613) 238-7533

695 Somerset St. W

(613) 820-7782

104 Bank St.

(613) 230-0202

PEMBROKE

Pembroke Mall

(613) 732-1602

670 Pembroke Street West

(613) 732-1602

TIMMINS

Timmins Square

(705) 267-3400

950 Riverside Dr.

(705) 267-4663

ROGERS™ plus

GLOUCESTER

2016 Ogilvie Rd., Unit 6

(613) 746-4545

KANATA

300 Earl Grey Dr., Unit 1

(613) 591-8281

700 Eagleson Rd.

(613) 592-5098

NEPEAN

3777 Strandherd Rd., Unit 14

(613) 823-6909

Bayshore Shopping Centre

(613) 726-7665

3161 Strandherd Dr., Unit 300

(613) 823-4558

ORLEANS

1675 10th Line Rd.

(613) 841-8485

1615 Orleans Blvd., Unit 3

(613) 830-6820

6505 Jeanne D'arc Blvd., Unit 14A

(613) 824-9989

OTTAWA

2515 Bank St., Unit 5

(613) 739-4775

11 Selkirk St.

(613) 745-6800

359-363 Bank St.

(613) 594-4555

1379-A Woodroffe Ave.

(613) 225-6007

2121 Carling Ave., Unit 87

(613) 798-1946

1200 St. Laurent Blvd., Unit 248

(613) 746-8546

50 Rideau St., Unit 327C

(613) 232-4800

110 Place D'Orleans Blvd., Unit 290

(613) 590-2237

2269 Riverside Dr., Unit 44

(613) 737-2071

960 Bank St.

(613) 668-5499

JULY 17TH IS YOUR LAST CHANCE TO GET A PS3™

VALUE OF
\$299⁹⁹

Vertical stand sold separately.

Sign up 2 smartphones to a Couples & Family Plan or add a line to your existing Couples & Family Plan & the PlayStation® 3 is on us.

3-year voice & data plan required.*

ONLY AT  **ROGERS™**

Call 1 866 618-6068
rogers.com/PS3

OFFER
EXTENDED UNTIL
JULY 17

ROGERS™
authorized dealer

ROGERS™ plus

« WIRELESSWAVE »

WIRELESS etc...

COSTCO
WHOLESALE

FUTURE SHOP

SONY

booth
WIRELESS

2001
AUDIO-VIDEO

BEST BUY

Walmart

**BATTERIES IN
gadgets**

CELLULAR

*Offer ends July 17/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011

LOOSENING UP INSIDE THE FENCE

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



We don't enjoy a reputation for cutting loose here in the nation's rules factory.

But inside the fence at Bluesfest, Ottawa residents can be spotted shaking their

asses like they don't give a damn what their assistant deputy minister might think. This is Ottawa with its hair down, or at least askew.

Dump thousands of us onto LeBreton Flats, add music, beer and hype, and it's hardly a recipe for mellow predictability, as demonstrated by opening night's somewhat disastrous crush at the gate and the ongoing human gridlock inside every night.

Those used to more regulated fun can be heard grumbling, but for Rich (Buck 65) Terfry, who is on the Hard Rock Café Stage tomorrow night at 9:30, a bit of festival chaos can also be a blessing.

"But inside the fence at Bluesfest, Ottawa residents can be spotted shaking their asses like they don't give a damn what their assistant deputy minister might think. This is Ottawa with its hair down, or at least askew."

"Backstage everyone's running around, they've got a 100 bands that they're trying to deal with and there's just like a panic," he said.

"I don't usually like that kind of energy in people at all. I usually work very hard to avoid it in my life, but then, funny enough, when I have it inflicted on me it usually results in a good show, which is ironic and completely backwards."

Those trying to keep this party nominally under control can also get it backwards. A friend of mine got carried away by the music the other night and actually danced a little, thereby catching the attention of security. Fortyish

white guy dancing? Must be wasted. He wasn't, but after a short interrogation, he was escorted to the gate nonetheless.

Much of the time, however, music lovers are enjoying the intoxicant of their choice in whatever quantities they can handle. On opening night, I noted the first whiff of weed at 7:06 and first public beer barf at 9:44 (neither of them mine, thanks for asking).

Getting overserved takes some doing. Lengthy beer lines can morph into an elongated rabble rife with queue-jumping, some of it quite shameless and certainly beyond what would be tolerated back outside the fence in well-behaved Ottawa.

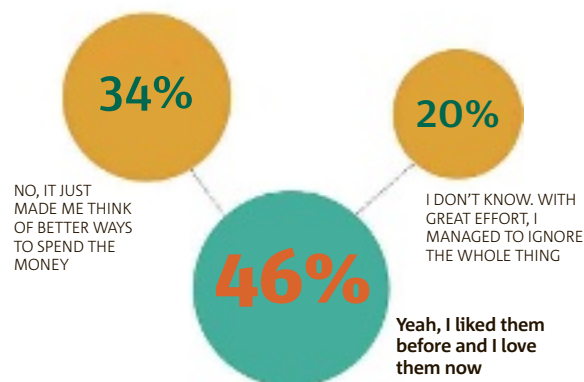
This petty anarchy might even be catching. Fighting for space on a bus out of LeBreton, we couldn't get anywhere near the front door, so we just slipped in the back door without paying. Don't tell my mom.

I'm sure our dull good sense will return next week, but for now, the only hard rule is: Summer is short — enjoy it.



Register at
metropolitanpanel.ca
and take the quick poll

Has the royal visit changed your opinion of the monarchy?



Worth mentioning

DVUR KRALOVE, Czech Republic. She's the last northern white rhinoceros on view anywhere in Europe — but zookeepers are hoping lonely Nabire will find solace with a southern rhino 11 years her senior.

Another northern white — Nesari — died here in her sleep in May at age 39, further reducing the world's dwindling population of the critically endangered animal.

To help her cope with the loss of Nesari, keepers have decided to team up 27-year-old Nabire with a new partner, 38-year-old male Natal. Natal is a southern white, another rhino subspecies.

They were seen snuggling, lazing in the sun and eating and sleeping in their enclosure late last week.

With rhino horns considered a cure for everything from colds and fevers to high blood pressure, impotence and other ailments, poachers have decimated rhino populations in Africa and elsewhere.

The northern white rhino is the most highly endangered mega-vertebrate on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Count your silverware if he stops by

An 11-year-old boy in Brazil's northeastern city of Mossoro is drawing attention with his purportedly magnet-like qualities.

The Globo TV network has broadcast images of Paulo David Amorim demonstrating how forks, knives, scissors, cooking pans, cameras and other metal objects seem drawn to his body and remain stuck on his chest, stomach and back.

The boy's father told Globo that he decided to test his son after learning of a boy in Croatia with a similar ability. Junior Amorim said he was surprised to find "a fork and knife stuck to his body."

The youth said classmates call him "magnet boy."

Dr. Dix-Sept Rosado Sobrinho told Globo it is the first time in his 30-year career that he has seen a case like this.

THE ASSOCIATED PRESS

Harry's spell lingers on

► An academic weighs in on the Potter cult

Thousands of Harry Potter fans are camped out at London's Trafalgar Square last week for a chance to see the premiere of the final Harry Potter movie. How did a book character manage to get such a following? Metro spoke with Michael Drouit, Professor of English at Wheaton College and an expert on fantasy literature.

The Narnia series and the Lord of the Rings are excellent books. What makes people go gaga over Harry Potter?

Fantasy has become popular anyway, but the drawback with Tolkien and C.S. Lewis is that they take themselves too seriously. The fate of the universe is always at stake. J.K. Rowling took fantasy and inserted humour. She's also very good at creating characters. Her characters are not the cardboard characters you usually get in fantasy.

But why do people relate to Harry Potter?

He's literally a Cinderella story, and he taps into the idea that anyone can be the most important person in the universe. He's also moral compass of sorts: he's loyal and he knows what's right and wrong. And like all fantasy, the Harry Potter books put readers into a position where they can change the world. Also, Rowling doesn't get enough credit for being a decent writer. A typical fantasy writer invents three-four different languages and has 20-page explanations for everything. In Harry Potter readers learn how things work because Harry himself is learning. **● METRO**



► "Harry Potter has been a force for good," says Professor Michael Drouit. "He has gotten young people reading and thinking about good and evil."

► The first Harry Potter film came out ten years ago ► Here's what's changed since The Sorcerer's Stone







THE PLOT	
A young boy discovers a world of magic at Hogwarts, his eyes wide and full of wonder—until the dark lord Voldemort returns to take revenge. "Stone" was directed by the kid-friendly Chris "Home Alone" Columbus.	All out war. Harry must now defend Hogwarts and everyone good from old Voldie. The final installments were directed by David Yates, known for adult dramas.

THE MENTOR	
Professor Dumbledore was originally played by Richard Harris, who died in 2002 after filming the second "Potter" film.	Michael Gambon inherits Dumbledore's beard. Later, author J.K. Rowling reveals the character is gay.

SEX!	
None in the first film. Unless you count Hagrid's love of animals.	Ron and Hermione enjoy a full-on snog. And the final scene—spoiler alert!—should prove they had intercourse. Harry, too. Not all together.

THE NEMESIS	
Voldemort is seen only briefly in the first film, growing out of the head of Professor Quirrell in a surprise ending.	Voldemort (played by Ralph Fiennes) is not shy anymore. Who can blame him, with those good looks.

THE WORLDWIDE BOX OFFICE	
\$974,775,550 for "Harry Potter and the Sorcerer's Stone"	\$6,369,976,303 for the first seven movies combined

THE CAST then and now	
Daniel Radcliffe (Harry Potter)  11 years old  21 years old	Emma Watson (Hermione Granger)  11 years old  21 years old
Rupert Grint (Ron Weasley)  11 years old  22 years old	

TEXT: SARA CUSTONE; GRAPHIC: NINA KORAN

Hit series draws to a close

Take heart, fans of The Closer! A new season of 10 weekly episodes begins tonight at 9 p.m. EDT. Then the TNT network will air another five episodes this winter and six more next summer before the series comes to a close.

So there's plenty of The

Closer ahead.

But for Kyra Sedgwick, who stars as LAPD Deputy Chief Brenda Leigh Johnson, the end is in her sights and on her mind. In December, she and The Closer wrap production.

And then? "I'll be home," replies Sedgwick.

"Knowing for the past seven years where you're going to be for six months — working on this show — makes those other six months precious, special, finite," she muses.

"The idea that I'll have the whole year not really knowing, waiting for the

phone to ring, is going to be really different and hard. I know that intellectually, and I'm trying to prepare myself emotionally."

Sedgwick's colourful portrayal of Brenda, a crime-busting Atlanta transplant, won her an Emmy last year.

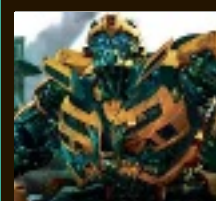
THE ASSOCIATED PRESS



► Kyra Sedgwick

2 scene

Box office



Giant robots have taken down bad bosses and talking animals at the weekend box office. According to studio estimates yesterday, Transformers: Dark of the Moon held the No. 1 spot again with \$47 million domestically in its second weekend. The Paramount Pictures blockbuster that stars Shia LaBeouf raised its total to \$261 million, shooting past The Hangover Part II to become the year's biggest domestic hit. Debuting in second place with \$28.1 million domestically was the Warner Bros. comedy Horrible Bosses, featuring Jason Bateman, Charlie Day and Jason Sudeikis as bumbles plotting against their supervisors. Opening at No. 3 with \$21 million was Sony Pictures' family tale Zookeeper.

THE ASSOCIATED PRESS



Rick Rubin credits Adele's success to honest lyrics, talks about next Chili Peppers record

LONG DISTANCE

No Matter Where You Call,
No Matter What Rate You Pay...
We'll Beat It... GUARANTEED!



Make long distance
calls from your
home or cell phone!



3.9 ¢/min	5.9 ¢/min	7.9 ¢/min	1.9 ¢/min	7.9 ¢/min
Bangladesh	Iran	Lebanon	Romania	Ukraine
Australia.....1.9 ¢/min	Israel.....1.9 ¢/min	South Korea.....2.9 ¢/min		
Bosnia.....13.9 ¢/min	Italy.....1.9 ¢/min	Sri Lanka.....9.9 ¢/min		
China.....1.9 ¢/min	Lebanon.....7.9 ¢/min	Trinidad.....4.9 ¢/min		
Colombia.....from 3.9 ¢/min	Mexico.....from 1.9 ¢/min	U.A.E.....14.9 ¢/min		
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min		
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min		
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min		
India.....2.9 ¢/min	Russia.....from 1.9 ¢/min			

1 Cent To India

Calling India at only 1 cent
per minute. (Land and
mobile included).
1 ¢
/min

\$10/month 1000 minutes -1 ¢

Unlimited Canada

Unlimited Calling to Anywhere in
CANADA
Available on your home or
cell phone.
\$5
/month

HOME PHONE LINES

UNLIMITED WORLDWIDE

CALLING TO
OVER 50 COUNTRIES (Including India)

**RISK
FREE TRIAL**
Satisfaction Guaranteed

✓ Unlimited Calling To Over 50 Countries



and more...

✓ All Features **FREE**

- > Voice Mail
- > Call Forwarding
- > Call Waiting
- > 3 Way Calling
- > Caller ID
- > and much more...

All For ONLY:

\$29⁹⁵
/month



Limited Time Offer:

6 Months FREE



Justin's bringing sexy back — well, at least for Jessica

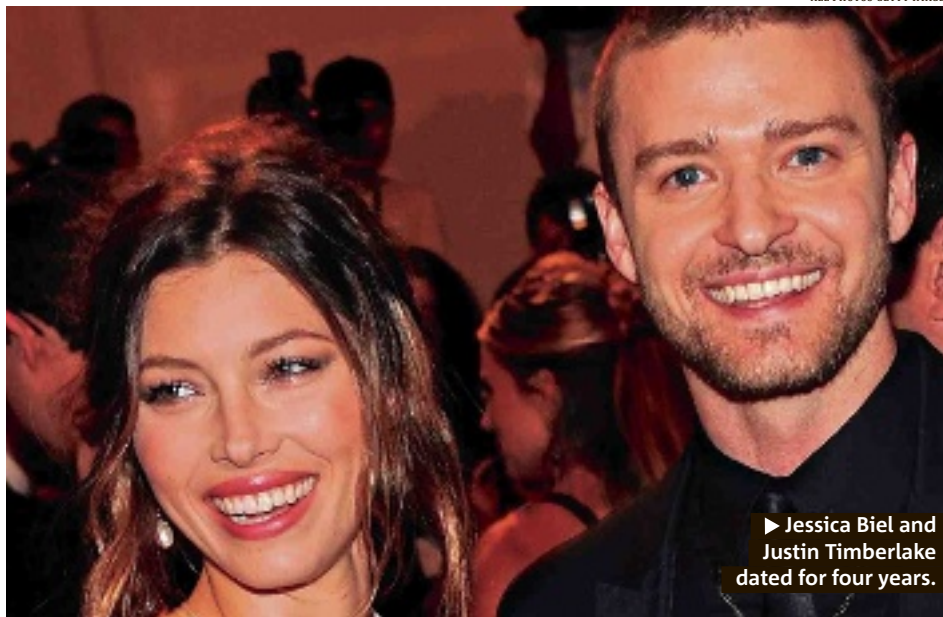
► Rumour has it this very pretty pair are giving it another shot

While he's been making headlines with several famous beauties including Scarlett Johansson and Olivia Wilde since breaking up with Jessica Biel, Justin Timberlake reportedly isn't over his ex.

And sources tell Us Weekly that the pair, who split up after four years in March, are quietly giving their relationship another go.

"They have been talking the whole time and decided to give it another shot," a source says. "Jessica really wanted to get back together with him and Justin realized single life is not what it's cracked up to be."

● METRO



► Jessica Biel and Justin Timberlake dated for four years.



Kristen Stewart reportedly wants off the list of actresses being considered to play Casey Anthony in any movie about the recently acquitted Florida woman. "Her people are really annoyed about the Casey Anthony comparisons," a

source tells Us Weekly. "She would never for no amount of money portray that girl. It's grossing her out. All those entertainment shows are doing polls and what not and her people just want it to stop." ● METRO

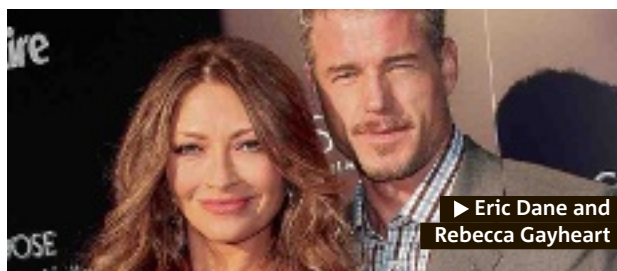
YOU COULD WIN A RUN OF ENGAGEMENT PASS FOR TWO TO SEE



NOW PLAYING
WWW.HORRIBLEBOSSESMOVIE.COM

YOU COULD ALSO WIN AN XBOX 360 ARCADE GAMING SYSTEM!

To register and for full contest details visit clubmetro.com



► Eric Dane and Rebecca Gayheart

One on the way

Eric Dane and Rebecca Gayheart are expecting their second child, the couple confirms to People magazine.

Their first child, daughter Billie, was born in March 2010. And parenthood has done wonders for their relationship, Dane admits. "You know, I'm a hundred times more attracted to her now and I

love her exponentially more than I did before. It's just great to see her be a mother," he tells the magazine. Coincidentally, Celeb Rehab star Keri Ann Peniche, who infamously co-starred with the couple in a leaked sex tape in 2009, also announced that she's expecting a child, according to E! Online.

● METRO



► The Beckhams haven't announced their baby's name.

Posh and Becks have a baby girl

David Beckham's spokesman said the soccer star's wife Victoria has given birth to a healthy baby girl Sunday.

Simon Oliveira said the celebrity couple is "delighted to announce the birth of their daughter."

"Happy and healthy she arrived at 7.55 am this morning at Cedars Sinai hospital in Los Angeles and weighed 7lbs 10oz," Oliveira posted on Twitter, adding the Beckhams' three

sons "are excited to welcome their baby sister to the family."

The Beckhams, who married in 1999, already have three boys: Brooklyn, 11, Romeo, 8, and Cruz, 5.

The family have yet to announce a name for the little girl, who was born the morning after Beckham scored directly from a corner kick to give the Los Angeles Galaxy a 2-1 victory over the Chicago Fire.

THE ASSOCIATED PRESS

Celebrity tweets



"is anyone else excited to see Horrible Bosses? coz i can't wait!!"



@lindsaylohan

@CarrieFisher

"I now follow @simon-pegg everywhere he goes- I want you to know there's no funny stuff between us. He's a married man with children."



@charliesheen



"Heading to the Insane Clown Posse's 12th Annual Gathering Of The Juggalos!! 8/13/11 WHY..? Cause I'm down with the clown. Whoop!! Whoop!!"

@JuddApatow



"Behind the music Missy Elliot. So good. Get yer freak on."

Penn on the rebound

Sean Penn seems to have gotten over his split from Scarlett Johansson, as the Oscar-winning actor has been hitting the town in L.A. with presumed new girlfriend Stacey Koplin, according to Page Six.

The pair grabbed breakfast at a rooftop restaurant at the Peninsula Hotel in Beverly Hills recently before hitting the beach.

"She came up to the roof



► Sean Penn

with wet hair, he looked totally frazzled," a source says of their morning meal. "They ate and had coffee, but they were talking about something intense. They were deep in conversation the entire time." ● METRO

Three quick meals

► The authors of the cookbooks *Time for Dinner* and *The Sneaky Chef* provide three recipes to feed your family... naturally ► Skip the fast food and feel good about these choices

#1. Please-Everyone Pizzas



4 portions
Prep time:
15 min.
Total time:
45 min



► From *Time for Dinner* by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Take orders from the kids before the food goes in the oven and you minimize potential tableside protests. By changing toppings every

few inches, this faster-than-Domino's version becomes a meal kids and adults can get excited about. Why not just order takeout? Because you're giving them a wholesome, healthy version of their favourite.

Ingredients:

- 2 tablespoons olive oil
- 1 sprinkle flour
- 1 12-to-16-ounce ball prepared pizza dough
- 1 small onion, chopped
- 1 large zucchini, shredded
- Salt and pepper
- 1 cup marinara sauce
- 1 ball fresh mozzarella, sliced into thin rounds

Preparation:

- 1 Preheat oven to 400 degrees F.
- 2 Brush half of the olive oil onto a large baking sheet and sprinkle it with flour.
- 3 Stretch the pizza dough into a 15-by-8-inch rectangle.
- 4 Sauté the onion and zucchini in the remaining olive oil until softened. Season with the salt and pepper.
- 5 Top part of the dough with the marinara sauce and fresh mozzarella, and part of it with your zucchini topping.
- 6 Bake pie until crust has browned and the cheese has melted, 25 to 30 minutes. Slice and serve.

#2. Sliders



► From *Time for Dinner*.

Buy 1 pound of ground turkey; look for the more flavourful dark meat or a blend of dark and white. Other ground meats — lamb, pork, beef — are also delicious in this recipe.

Preparation:

- 1 Preheat oven to 450 degrees F. Sauté a handful of finely chopped red onion in olive oil.
- 2 In a large bowl, combine the onion with the meat. Add salt and pepper to taste.
- 3 Add 1 tablespoon of chopped fresh thyme and 2 tablespoons of Dijon mustard. Combine well with a fork.
- 4 Form the mixture into small, flat patties. Bake them on a baking sheet until sizzling, 10 to 12 minutes.
- 5 Serve open-faced on split rolls with lettuce and cranberry relish (or, more likely, ketchup).

#3. Masterful Mac 'n' Cheese



4 portions
Prep time:
20 min.
Total time:
35 min

► From *The Sneaky Chef* by Missy Chase Lapine

Preparation:

- 1 Preheat oven to 375 degrees F. Butter a 9-inch square baking pan.
- 2 Bring a large pot of salted water to a boil over high heat. Add the macaroni and cook according to the package directions, until firm and slightly undercooked. Drain and set aside.
- 3 In a large bowl, whisk the milk with the White Puree and salt. (If using eggs, whisk them in with the milk mixture.)
- 4 Put half of the macaroni into the baking pan and

Ingredients:

- 1/2 pound macaroni (preferably whole wheat blend)
- 1 1/2 cups milk
- 1/4 to 1/2 cup White Puree (see below)
- 1/2 teaspoon salt
- 2 cups grated low-fat Colby or cheddar cheese
- Optional Extra boost: 2 large eggs

top with half the cheddar (or colby) cheese. Next, layer with the rest of the macaroni, and then pour the milk mixture over the top, finishing with the last of the cheese on top.

White Puree

- 2 cups cauliflower florets
- 2 small to medium zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water, if necessary

- Steam cauliflower in a vegetable steamer over 2 inches of water, using a tightly-covered pot, for about 10 to 12 minutes.
- While waiting for the cauliflower, pulse raw peeled zucchini with lemon juice only. Drain cooked cauliflower.

Working in batches if necessary, add it to pulsed zucchini in bowl of food processor with two tablespoons of water. Puree until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, add rest of the water to make smooth puree. Makes about 2 cups of puree. Double recipe if you want to store even more, which can be done in the refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or the small plastic containers.

3

life

You need this

GeoPalz pedometer

Your child is beautiful. But maybe he's also a little chubby. Get him going with this pedometer, which encourages walking by counting steps, which add up to "points" tradable for prizes.

• MWN



GEO PALZ

\$19.99, Geopalz.com

A new study shows

11 times

That's the amount one mom spanked her three-year-old son, even though she knew she was being recorded for a study, according to George Holden a psychology professor at Southern Methodist University. He meant to study parents who yell but caught many whacking their kids. • MWN



Estate planning for pets is easier than ever with how-tos, retirement homes.

A unique salad combo

► Combining corn, tomato and melon may sound a little strange, but — when done right — it can be delicious ► The flavours balance each other

For Nate Appleman, a great salad is about creating balance. "That balance changes throughout the year and usually depends on what is in season and the weather outside," said Appleman, a star of Food Network's *The Next Iron Chef* and chef for Chipotle Mexican Grill.

His inspiration starts when shopping. "I pick one central ingredient and build from there, keeping in mind a balance of crisp, sweet, salty, and sour," he said.

Here he offers a salad of tomatoes, raw corn and cantaloupe dressed with a jalapeno vinaigrette.



MATTHEW MEAD/ THE ASSOCIATED PRESS

► This salad takes 30 minutes to make and serves six.

Preparation:

1 Dressing: In blender, combine olive oil, vinegar, jalapeno and oregano. Purée until mostly smooth. Season with salt, then set aside.

2 To assemble, first stand each ear of corn on cutting board on wide end. Use knife to saw down cobs to remove kernels.

3 In large bowl, gently toss together corn ker-

nels, tomatoes, cantaloupe, radishes, cucumber and red onion. Drizzle dressing over salad, then toss again to coat evenly. Crumble feta cheese over salad.

THE ASSOCIATED PRESS

Ingredients:

Dressing

- 125 ml (1/2 cup) extra-virgin olive oil
- 50 ml (1/4 cup) red wine vinegar
- 2 jalapeno peppers (for less heat remove seeds)
- 10 ml (2 tsp) dried oregano
- Salt

Salad

- 2 ears corn
- 2 large tomatoes, cut into chunks
- 1 small cantaloupe, halved, seeded and scooped with a melon baller
- 1 bunch of radishes, sliced as thinly as possible
- 1 medium cucumber, peeled and halved, then seeded and sliced as thinly as possible
- 1 medium red onion, halved and sliced as thinly as possible
- 250 g (8 oz) feta cheese

Rose Reisman's Swap It

Chilled beverages and summer go hand in hand. Beware of drinking your calories when it's hot outside. Lattes often contain more than just milk and espresso!



GRANDE ICED PEPPERMINT WHITE CHOCOLATE MOCHA AND WHIPPED CREAM

520 CALS / 71 G SUGAR



WHITE CHOCOLATE AND WHIPPED CREAM ALWAYS INDICATE A RED FLAG FOR CALORIES, FAT AND SUGAR. THIS DRINK IS EQUIVALENT TO 10 NESTLE SKINNY COW MINI FUDGES IN SUGAR.

SWAP IT!

GRANDE ICED CINNAMON DOLCE LATTE NO WHIPPED CREAM

200 CALS/ 32 G SUGAR

MADE WITH ESPRESSO, MILK AND DELICIOUS CINNAMON FLAVOURED SYRUP, WHO NEEDS THE WHIPPED CREAM AND CHOCOLATE?



FOR MORE, VISIT ROSEREISMAN.COM

Guilt-free ice cream

► This healthier take uses brown sugar and almonds

Preparation:

1 In bowl, sprinkle gelatin over 15 ml (1 tbsp) water. Let stand while you make base for ice cream.

2 In saucepan, stir 35 ml (1 1/2 cups) of milk, brown sugar and cinnamon. Heat milk mixture over

medium heat, stirring often, until steaming.

3 In bowl, whisk egg yolks and evaporated milk. Gradually pour in hot milk mix, whisking until blended. Return mix to pan and cook over medium heat, stirring with

wooden spoon, until back of spoon is lightly coated, 3 mins. It should reach 74 C (165 F). Do not bring to a boil or the custard will curdle.

4 Strain custard through fine-mesh sieve into large bowl. Add



softened gelatin and whisk until melted. Whisk in remaining 250 ml (1 cup) milk and amaretto. Cover and refrigerate until chilled, at least 2 hours.

5 In dry skillet over medium-low heat, toast almonds, stirring, until lightly browned, 3 minutes. Set aside to cool.

6 Once cool, whisk ice-cream mix and pour into canister of ice-cream maker. Freeze according to manufacturer's directions. Transfer ice cream to container, stir in almonds, cover with plastic wrap pressed in to surface; freeze until firm. THE ASSOCIATED PRESS

Ingredients:

- 7 ml (1 1/2 tsp) unflavoured gelatin
- 625 ml (2 1/2 cups) low-fat milk, divided
- 175 ml (3/4 cup) packed dark brown sugar
- 2 ml (1/2 tsp) cinnamon
- 3 large egg yolks
- 1 can (340 ml/12 oz) non-fat evaporated milk
- 15 ml (1 tbsp) amaretto liqueur or rum
- 125 ml (1/2 cup) chopped almonds



Android is a trademark of Google Inc.

Metro, Canada's first newspaper to really Android



metro



DOWNLOAD THE NEW
METRO APP FREE
for your Android

Getting back to nature

► For 50 words or less, you could find yourself on a dream trip for two
► Online contest offers a getaway



BEN KNIGHT
LIFE@METRONEWS.CA

Imagine if 50 words on Facebook could turn into the Canadian wilderness trip of a lifetime.

Imagine no more. In honour of Parks Canada's 100th birthday, the Canadian Parks and Wilderness Society (CPAWS) has launched the Parks Dream Contest: What's on your Bucket List?

"We launched the contest to help Canadians learn about the amazing opportunities that are offered in our National Parks," says Holly Postelthwaite, national PR coordinator for CPAWS.

"We are really trying to reach the young, urban Facebook crowd, and make them realize the amazing experiences that are waiting for them in Canada's wilderness."

You certainly don't have to be young or urban to enter — but you do need to be on Facebook.

"We wanted to make it fun, easy and simple," Postelthwaite enthuses. "You just sign in with your Facebook account, and then in 50 words or less, share a dream experience you wish to have — or have already had — in one of Canada's National Parks."

The grand prize is spectacular — a \$10,000 dream

Nearby nature

Where you can get back to nature without going too far.

► **Destination** Spanning over 20 islands between Kingston and Brockville, St. Lawrence Islands National Park features glorious hiking trails, and activities for the whole family. The park features cozy campgrounds, picnic facilities and a gorgeous scenic boardwalk, winding through the area's extensive wetlands.

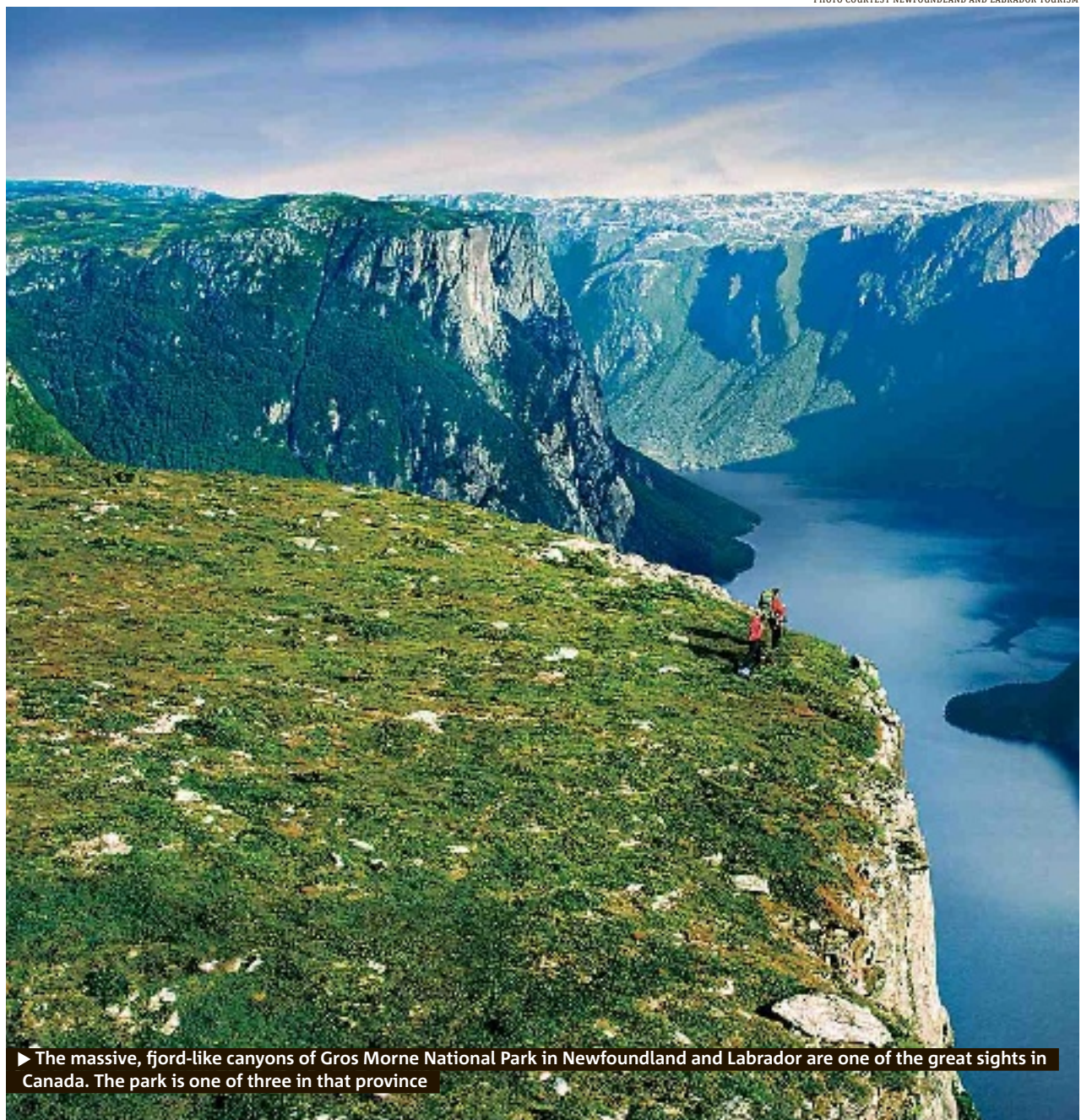
trip for two to the Nahanni, courtesy of Nahanni River Adventures — will all air fare and accommodations included.

And if the word 'Nahanni' conjures up images of thundering, dangerous white water and that's not what you're into — fear not.

"You don't have to be an expert canoeist," she adds.

"They will customize the experience based on your paddling experience. If you're an extreme canoeist, they'll choose and extreme route. If you've never paddled a canoe in your life, they'll take care of you as well."

Other prizes include Mountain Equipment Co-op shopping sprees and



► The massive, fjord-like canyons of Gros Morne National Park in Newfoundland and Labrador are one of the great sights in Canada. The park is one of three in that province

gift cards — plus year-long passes to all the National Parks.

"We planned this con-

test in hopes of assembling the top 100 dream experiences to be had in Canada's National Parks.

People think of going to Europe or Cancun on their vacations, so we wanted to really show them what's

waiting for them in their own back yard."

Enter the contest right now at parkdreams.ca

THE DANGER OF NORWEX CLEANING PRODUCTS

I recently went to a Norwex party and was wondering if you had an opinion about Norwex microfiber cloths? *Laurel of Coquitlam, B.C.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



There is an up- and downside to microfiber cloth products.

The upside: they only

need water to clean streaks, smudges, dirt and grime on glass, mirrors and stainless steel surfaces.

They are also easily washed and reused.

Good quality cloths last several years.

The downside: they are made from petrochemicals.

The polyester and

"The downside: they are made from petrochemicals... Problem is, they are made from a nonrenewable resource and do not biodegrade"

polyamide fabric strands are 100 times finer than human hair.

That's what makes them so good at lifting dirt, grease and dust

without cleaning chemicals.

Problem is, they are made from a nonrenewable resource and do not biodegrade.

I don't believe they are recyclable either.

Points for reducing the use of toxic chemical cleaners and eliminating the need for paper towels; strikes against for being made of petroleum-based products and for never going back to the Earth.

Ultimately, it's up to you.

One cloth may be a great addition to your cleaning arsenal but don't forget you can also wash and reuse rags (from old t-shirts, sheets, etc.) or newspaper which can then be composted.



David
Suzuki
Foundation



► In this recent photo a group of about 20 women attend a class on extreme coupon cutting in Boise, Idaho.

Extreme coupon cutters spreading the good word

The women sat expectantly as Monica Knight told them she once routinely spent \$600 US a month on groceries for her family of four. Breaking into a broad smile, Knight says that figure has been reduced to only \$100 to \$150 a month.

And now the dental hygienist and mother of two is about to tell them her secret.

The women lean forward in their seats. They're the latest disciples of extreme couponing; women who carry pictures of their overflowing pantries on their cellphones; savvy shoppers who will spend hours flipping through newspaper and magazine advertisements in search of their bargains, and homemakers who have pinched pennies to put food on the table during the recession and need the extra help.

Most have watched the television series *Extreme Couponing*, which debuted on TLC in April and follows

No copies!

► Coupon-cutting experts warn against photocopying coupons, which can place stores on alert and ruin deals for everyone.

shoppers whose intense devotion to finding bargains can whittle a \$555.44 grocery store bill down to \$5.97, to cite one extreme example.

Heather Border, a 36-year-old mother of four in rural Idaho, is a new to the extreme coupon phenomenon. But she was hooked a few weeks ago, after coupons and store deals brought her \$180 grocery bill down to \$40.

"I was feeling a little conspicuous because people were staring at me," Border said. "Then, I felt a rush."

She was among about 20 women who attended an extreme coupon class on a recent Saturday in Boise. The three-hour course was

taught by Knight and her business partner, Cathy Yoder. They own the extreme couponing blog, *Fabulously Frugal*.

The women oohed and awed as Knight pulled out the fat binder of coupons that saves her 50 per cent to 90 per cent on every grocery bill. She showed off pictures of the stockpile of food at her home, where 46 boxes of cereal are stowed in her children's bedroom closet and packages of breakfast drink mix are kept under a bed. In their class, Yoder and Knight warn against some of the practices that have given extreme coupon cutters like themselves a bad rap.

They instruct their students to be kind to their cashiers. They encourage them to stockpile food to help their families, but caution against "hoarding" or clearing shelves of items that their families don't need or won't use.

THE ASSOCIATED PRESS

Man of action has Heaps of 'passion'

► Still going strong at 69, entrepreneur Frank Heaps has had his hand in beer, vodka and property development

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



"I'm not good at sitting on beaches," Frank Heaps tells me from his Toronto office. "I'm going to develop them."

I learn that they are not idle words. Frank Heaps is a man of action and at the age of 69, his entrepreneurial spirit is still driving him forward.

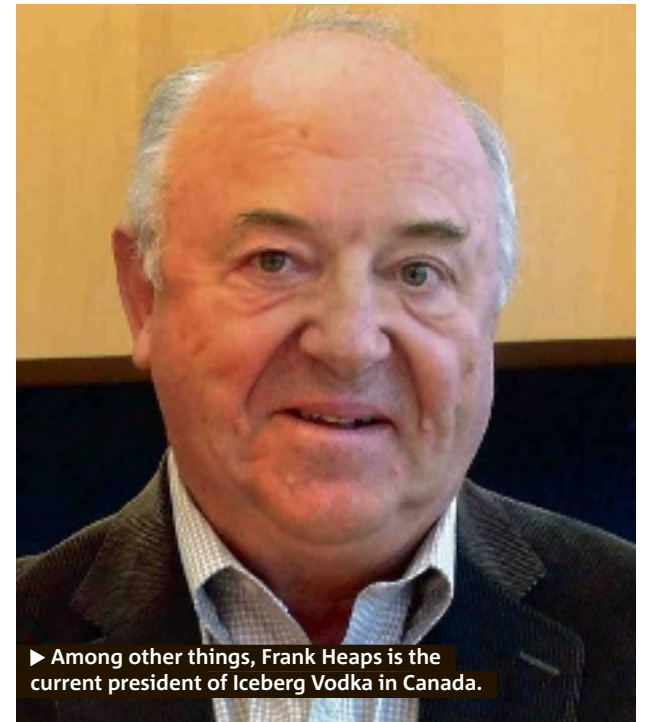
Heaps pioneered the micro-brewing craze in Canada when he started Upper Canada Brewing Company in 1984.

"I quit my job, put a mortgage on the family home, wrote a business plan, raised capital and then struggled like hell for five years until it caught fire."

Heaps sold the successful brewery 10 years later and thought about retirement.

"I tried watercolour, golf, bagpipe lessons, pottery classes — nothing appealed to me."

It was back to the beach and Heaps began developing a waterfront property



► Among other things, Frank Heaps is the current president of Iceberg Vodka in Canada.

Heaps of advice

Frank Heaps on starting a new business

- Find something you're passionate about.
- Check out the competition.

- Do your research. Then write a spectacular business plan.
- Demonstrate to yourself and other people that you know what you're talking about.
- Get ready for a challenging ride.

in St. Lucia. He is also the current president of Iceberg Vodka in Canada.

"You've got to have passion. You also have to motivate yourself because if you can't do that, you're

not going to motivate the people around you."

Beer, vodka and offshore property development. I can hardly wait to see what Frank Heaps does next.

OVER 115 YEARS OF TRUST!



Be a Willis Graduate...

...Don't compete with one!



CO-OP
WORK
PLACEMENT

Business • Health • Technology • Clean Energy

613-233-1128 • williscollege.com

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville • London

REGISTER TODAY!

It's July already; Do you have a job?

► Youth-focused centres help unemployed battle the summer job blues ► Plenty of opportunities there for the taking

School's out, summer's here and the living should be easy. But for some young people there's a perplexing reality that gnaws at the pit of their stomachs — they're jobless, and it's already July.

Laura McEwan is one of those desperately seeking summer employment.

The 17-year-old has been hunting for over a month but has been turned away by employers who say they've already completed their summer hiring or have an abundance of more experienced applicants.

"It's really frustrating not knowing where to go from here and to keep trying to stay positive," said McEwan.

The warmer months can come to resemble a ticking time bomb for those who haven't been able to lock down a summer gig. The latest youth employment numbers don't offer much solace — despite the overall unemployment rate falling to its lowest level in May, the jobless rate for those aged 15 to 24 was 13.9 per cent.

Nonetheless, a few youth-centric organizations are trying to ease the job anxiety.

Youth Employment Services is where McEwan sought help. The Toronto-based non-profit offers job counselling, training and work placement opportunities as well as a special summer job service.

The organization's key



► University of British Columbia career educator Angela Pau gives a student feedback on their resumé and cover letter at a resumé clinic.

If all else fails ...

► If a young person just isn't able to land a job this summer, the University of British Columbia's Career Services office has some advice.

► "Create great professional stories," said John Horn, the centre's associate director of career development.

► Whether it's a volunteer experience, or a travel opportunity, Horn advises developing a collection of narratives that help build credibility as a well-rounded professional.

► Those stories can find a place on a resumé or in a job interview and could help rank one applicant higher than another.

pointer when it comes to summer employment? Start early.

"A young person has to be very dedicated. They should be looking for their job back in May. A lot of people don't think of doing that," said president Nancy Schaefer.

"The common complaint

is 'where's the job?'"

Schaefer explained that many youth who use employment assistance services quickly learn just how proactive they need to be when it comes to the job hunt. Many employers advertise well before April and there are even those that recruit in late fall.

But for those late bloomers still hoping for work this summer, Schaefer offers some encouragement.

"We would never tell a young person that it's hopeless," she said, adding that those who aren't picky can typically find some sort of short-term seasonal work if they look hard enough.

For those with a certain amount of drive, the organization even helps young entrepreneurs start their own summer business.

"Young people don't know that there are services available in their communities," said Schaefer.

"If they've taken that step to reach out and get help, then we reward them."

Calgary's Youth Employment Centre offers similar

services and has already dealt with many lamenting a lack of desirable employment — a complaint that's countered with the argu-

ment that "any job is a good job."

"It gives you skills, transferable skills that you can use in any workplace," said Leita Blasetti, the centre's community relations liaison, who adds that youth could enrich their experience by volunteering or taking on extra responsibility.

"Make the most of it, get a good reference and a good experience out of it." While helping youth target their resumes and polish their interview style, the centre also reminds young people that jobs outside their target area could end up being a great experience.

"They may not get the ideal job," said Blasetti. "But that's why you have summer jobs, so you can try something out."

THE CANADIAN PRESS

CALL TODAY START TOMORROW

Green company has
multiple openings

START IMMEDIATELY GREAT PAY!!

613-321-4279

Internationally Trained Legal Professionals

Catholic Immigration Centre and World Skills are offering a FREE employment program dedicated to helping Internationally Trained Legal Professionals find alternative careers in Ottawa.

For details contact:

Maria Teresa Garcia

Tel.: 613-232-9634 ext. 389

E-mail: maria@cic.ca



With us you will be
HAPPY

We are one of the biggest manufacturers of doors and windows in Québec and we are looking for a:

SALESPERSON

FOR OUR EXPANSION IN OTTAWA

Car and availability required / Provided appointments every day
Sales experience and bilingualism are assets
We provide salaried training and daily support
Wages by commissions only / Possibility of a high salary
Group insurance

Send your resume to **Elisabeth Corbeil**
by email at rh@solarcan.com or by fax at 450-471-8035
You can contact her at 450-492-0404

SOLARCAN

Other Companies May Be Laying Off...

PRIMERICA IS EXPANDING!

Call us to find out what our
opportunity can mean to you

Be your own boss
Grow with a leading company
Build your own business

Matt McBain • 43 Roydon Place, ste 210, Ottawa • 613.723.1139
Visit us online at www.primericacanada.ca



PRIMERICA™



► Always make sure to check your emails for spelling mistakes. Heck, use a magnifying glass if you need it.

Don't let your thumbs get in the way of a bright career

► Watch your email etiquette, career experts warn



DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONEWS.CA

In the age of auto-spell check, it's tempting to thumb out double-time memos with no regard for the art of spelling. Still, career counsellors warn, your lack of SMS politeness could carry a cost.

"People are starting to move away from emails and are losing the art of putting together a complete couple of sentences," career coach Sue Thompson bemoans.

"But you need to consider to whom are you writing."

"It's all about building rapport," concurs Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" —

Get to the point

► Don't get so lost in digital decorum that you never get to the point, cautions Shirin Khamisa, founder of Careers By Design. "Be very clear about action steps," she advises. "Keep those in the top of the email so they don't get lost. Put them in the subject line. Present things the

way you'd want them presented to you."

Put a face to a name

► If a picture's worth 1,000 words, then a low-resolution headshot can't hurt, Khamisa offers. "Attach a small photo in your signature," she says. "The next time you meet, you'll notice a difference in how you're received."

then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online — and especially online — because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload

of web 3.0 abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says. And they'll likely place a greater importance on spelling, she adds.

"Some people will really consider your spelling, whether you know the difference between your and you're and its and it's," she says.

"Just respect the person to whom you're writing. That's what etiquette is."

CAREER TRAINING

Training with Meaning

In-demand career training in: HEALTH CARE

- Addictions and Community Services Worker
- Cardiology Technologist
- Dental Office and Chairside Assistant
- Esthetics
- Health, Fitness and Nutrition Consultant
- Intra-Oral (Level II) Dental Assistant
- Massage Therapy
- Medical Laboratory Assistant / Technician - OSMIT Approved*
- Medical Office Administrator
- Pharmacy Assistant
- Physiotherapist Assistant



Call Now!

1-866-777-7844

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Ottawa East • Ottawa West

16 Convenient Locations in Ontario
Providing quality education in Ontario for nearly 40 years.

- Career services assistance available to graduates
- Programs and Schedules Vary by Campus
- Financial assistance may be available for those who qualify.
- Morning and afternoon classes available. Evening classes vary by campus.

Apply online at
www.EverestCanHelp.ca

*Graduates are eligible to write the OSMIT certification examination. Successful completion of this exam will allow students to attain the designation of MLAT.

COLLEGE DIPLOMAS IN HEALTH CARE!



Fitness and Health Promotion

- 4 wk program 3 wk externship
- CanFitPro preparation including
- FIS PTS NWS Certifications

Medical Office Assistant

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

Personal Support Worker

- 27 wk program including 11 wk co-op work placement
- NACC endorsed
- Full time and part time available

Pharmacy Technician

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited

ALGONQUIN CAREERS ACADEMY

1644 Bank Street 613-722-7811 www.algonquinacademy.com

Downhill. Battle



► The pack speeds down Massiac pass during the 9th stage of the Tour de France yesterday.

THE ASSOCIATED PRESS

Frenchman takes yellow jersey after crash-filled 9th stage

Spain's Luis Leon Sanchez won the ninth stage of the Tour de France on a wild day of crashes while France's Thomas Voeckler finished second to take the overall lead from Norway's Thor Hushovd.

Among those caught in the mayhem was defending champion Alberto Contador, who overcame another crash, banging his troublesome right knee after an early spill. Kazakh rider Alexandre Vinokourov, 37, ended his Tour de France career in dramatic fashion, bowing out of the race after breaking his right thigh in a high-speed crash during a descent yesterday.

Jays on roll heading into break

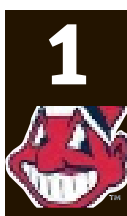
► Manager commends club's 'resiliency' ► Toronto 2 games below .500 ahead of all-star break

Three days after hitting their low point of the season, the Toronto Blue Jays are flying high going into the all-star break.

Jose Bautista's two-run double and six strong innings from Brett Cecil led Toronto to a 7-1 win over the Cleveland Indians yesterday. The Blue Jays took the last three games of the series after suffering a crushing 5-4 defeat in the opener on Thursday in which they couldn't hold a



BLUE JAYS



INDIANS

four-run lead and lost on Travis Hafner's walkoff grand slam.

Blue Jays manager John

Romero an all-star

Blue Jays pitcher Ricky Romero is headed to baseball's all-star game.

► The left-hander was named as a replacement for Jon Lester of the Red Sox.

Farrell isn't surprised his team rebounded from a loss that would have sent many clubs into a tailspin.

"We do bounce back," he said. "We have the ability to put behind us what the previous day was, whether it was positive or negative. It speaks to the resiliency of this team and the attitude they carry onto the field."

The Blue Jays, who had 48 hits in the series, outslugged the Indians for an 11-7 win Friday. All-star Jose Bautista's 10th-inning home run gave Toronto a 5-4 victory Saturday and a five-run third inning, high-

lighted by rookie Eric Thames' two-run homer, sparked yesterday's win.

"We played very well this series with the exception of Game 1 and what took place late," Farrell said.

Cecil (2-4) gave up one unearned run over six innings for his first win in three starts since being recalled from the minors June 30. The left-hander allowed six hits and walked three. **THE ASSOCIATED PRESS**

Franchitti wins Toronto Indy

CHRIS YOUNG/THE CANADIAN PRESS

Dario Franchitti survived a chaotic race to win his third Honda Indy Toronto title yesterday.

The Scottish driver held off Graham Rahal on a late restart, then beat teammate Scott Dixon on the 1.75-mile temporary street course while Ryan Hunter-Reay finished third.

Franchitti also won the event in 2009 and 1999 and

increased his lead atop the IZOD IndyCar points standings to 353, 55 more than rival Will Power. It was Franchitti's 30th career win.

Franchitti got a lucky break when his collision with Power knocked the defending champion out of contention on the race's 25th anniversary.

THE CANADIAN PRESS



► Dario Franchitti celebrates yesterday.

Sports in brief

Canadians row away with gold

ROWING. Tracy Cameron of Shubenacadie, N.S., and Victoria's Lindsay Jennerich captured the women's lightweight doubles gold medal yesterday at the World Rowing Cup in Lucerne, Switzerland.

THE CANADIAN PRESS

U.S. moves on in cup classic

WOMEN'S WORLD CUP. Abby Wambach scored a thrilling goal to level the game at 2-2 in the 122nd minute and the Americans are moving on to the semifinals after beating Brazil on penalty kicks in one of the most exciting games ever at the Women's World Cup.

THE ASSOCIATED PRESS

4
sports

Quoted



"You want to hit the ball hard. I didn't want to hit a slow roller to third base and have it be replayed forever."

DEREK JETER, WHO HOMERED DEEP INTO YANKEE STADIUM'S LEFT-FIELD BLEACHERS FOR HIS 3,000TH CAREER HIT IN A 5-4 WIN OVER TAMPA BAY ON SATURDAY.

"Just one of those special days."

JETER



Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
Boston	55	35	.611	—					
New York	53	35	.602	1					
Tampa Bay	49	41	.544	6					
Toronto	45	47	.489	11					
Baltimore	36	52	.409	18					
CENTRAL DIVISION									
	W	L	Pct	GB					
Detroit	49	43	.533	—					
Cleveland	47	42	.528	½					
Chicago	44	48	.478	5					
Minnesota	41	48	.461	6½					
Kansas City	37	54	.407	11½					
WEST DIVISION									
	W	L	Pct	GB					
Texas	51	41	.554	—					
Los Angeles	50	42	.543	1					
Seattle	43	48	.473	7½					
Oakland	39	53	.424	12					

Yesterday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Saturday's results
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 4 Minnesota 3
Toronto 5, Cleveland 4 (10 inn.)
Boston 4 Baltimore 0
Kansas City 13 Detroit 6
Texas 7 Oakland 6
L.A. Angels 9 Seattle 3
Tomorrow's game
All-Star Game at Phoenix, AZ, 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION									
	W	L	Pct	GB					
Philadelphia	57	34	.626	—					
Atlanta	54	38	.587	3½					
New York	46	44	.511	10½					
Washington	46	46	.500	11½					
Florida	43	48	.473	14					
CENTRAL DIVISION									
	W	L	Pct	GB					
Milwaukee	49	43	.533	—					
St. Louis	49	43	.533	—					
Pittsburgh	47	43	.522	1					
Cincinnati	45	47	.489	4					
Chicago	37	55	.402	12					
Houston	30	62	.326	19					
WEST DIVISION									
	W	L	Pct	GB					
San Francisco	51	40	.560	—					
Arizona	49	43	.533	2½					
Colorado	43	48	.473	8					
Los Angeles	41	51	.446	10½					
San Diego	40	52	.435	11½					

Yesterday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
San Diego at L.A. Dodgers
N.Y. Mets at San Francisco
Saturday's results
Atlanta 4 Philadelphia 1 (11 inn.)
L.A. Dodgers 1 San Diego 0
Chicago Cubs 6 Pittsburgh 3
Colorado 2 Washington 1
Cincinnati 8 Milwaukee 4 (10 inn.)
Florida 6 Houston 1
St. Louis 7 Arizona 6
San Francisco 3 N.Y. Mets 1

BLUE JAYS 7, INDIANS 1

Toronto	ab	r	h	bi	Cleveland	ab	r	h	bi
YEscor ss	5	1	1	0	Brantly lf	4	0	1	0
ETHms dh	5	2	3	2	OCarer ss	5	0	0	0
Bautist 3b	4	1	2	2	Hafner dh	4	0	0	0
JMcDnl 3b	1	0	0	0	CSantn 1b	3	0	2	0
Lind 1b	5	0	0	0	GSizmr cf	5	1	1	0
A.Hill 2b	4	0	0	0	Kearns rf	4	0	1	0
Snider lf	3	1	1	0	Marson c	3	0	1	0
Arendi c	3	1	2	1	Valuen 2b	4	0	1	0
CPttrsn rf	4	0	1	2	Hannhn 3b	3	0	1	1
RDavis cf	4	1	1	0					
Totals	38	7	11	7	Totals	35	1	8	1
Toronto					005	002	000	7	
Cleveland					000	001	000	1	

E—Lind (4). DP—Toronto 1. LOB—Toronto 7, Cleveland 13. 2B—Bautista (15), Snider (10), C.Patterson (16), Marson (5). HR—E.Thames (4).
IP H R ER BB SO
Toronto
Cecil W,2-4 6 6 1 0 3 6
L.Perez 2 1 0 0 2 2
Frasor 1 1 0 0 1 1
Cleveland
C.Carrasco L,8-6 3 7 5 5 2 4
Herrmann 2 1 0 0 0 1
R.Perez 1 3 2 2 0 2
J.Smith 1 0 0 0 0 1
Pestano 1 0 0 0 0 3
Sipp 1 0 0 0 0 2
WP—C.Carrasco, R.Perez. Balk—R.Perez. Umpires—Home, Doug Eddings; First, Dana DeMuth; Second, Kerwin Danley; Third, Vic Carapazza.
T—3:04. A—21,148 (43,441) at Cleveland.

CYCLING

TOUR DE FRANCE

At Saint-Flour, France
Yesterday's results
1. Luis Leon Sanchez, Spain, Rabobank, five hours, 27 minutes, nine seconds; 2. Thomas Voeckler, France, Europcar, five seconds behind; 3. Sandy Casar, France, Francaise des Jeux, 0:13; 4. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 3:59; 5. Peter Velits, Slovakia, HTC-Highroad, same time; 6. Cadel Evans, Australia, BMC, s.t.; 7. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 8. Tony Martin, Germany, HTC-Highroad, s.t.; 9. Frank Schleck, Luxembourg, Leopard-Trek, s.t.; 10. Damiano Cunego, Italy, Lampre-ISD, s.t.
Also: 52. Ryder Hesjedal, Victoria, Garmin-Cervelo, 5:21 behind
Overall Standings (after nine stages)
1. Thomas Voeckler, France, Europcar, 38 hours, 35 minutes, 11 seconds; 2. Luis Leon Sanchez, Spain, Rabobank, one minute, 49 seconds behind; 3. Cadel Evans, Australia, BMC, 2:26; 4. Frank Schleck, Luxembourg, Leopard-Trek, 2:29; 5. Andy Schleck, Luxembourg, Leopard-Trek, 2:37; 6. Tony Martin, Germany, HTC-Highroad, 2:38; 7. Peter Velits, Slovakia, HTC-Highroad, same time; 8. Andreas Kloeeden, Germany, RadioShack, 2:43; 9. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 2:55; 10. Jakob Fuglsang, Denmark, Leopard-Trek, 3:08.
11. Ivan Basso, Italy, Liquigas-Cannondale, 3:36; 12. Damiano Cunego, Italy, 3:37; 13. Nicolas Roche, Ireland, AG2R La Mondial, 3:45; 14. Kevin De Weert, Belgium, Quick Steop, 3:47; 15. Robert Gesink, Netherlands, Rabobank, 4:01; 16. Alberto Contador, Spain, Saxo Bank Sungard, 4:07 **Also: 43. Ryder Hesjedal, Victoria, Garmin-Cervelo, 9:33.**

GOLF

PGA JOHN DEERE CLASSIC

At Silvis, Ill.
Par 71
Final Round
Steve Stricker, \$810,000
Kyle Stanley, \$486,000
Matt McQuillan, \$261,000
Zach Johnson, \$261,000
Charles Howell III, \$171,000
Chez Reavie, \$171,000
Cameron Percy, \$145,125
Brendon de Jonge, \$145,125
Briny Baird, \$121,500
Brian Gay, \$121,500
Cameron Tringale, \$121,500
Sungchoon Kang, \$85,500
Michael Putnam, \$85,500
Kris Blanks, \$85,500
Michael Thompson, \$85,500
Davis Love III, \$85,500
Aron Price, \$85,500
Arjun Atwal, \$60,750
Marco Dawson, \$60,750
Charles Warren, \$60,750
Dean Wilson, \$60,750
Chris Kirk, \$39,488
Kirk Triplett, \$39,488
Andres Gonzales, \$39,488
Brett Wetterich, \$39,488
Michael Letzig, \$39,488
Scott Stallings, \$39,488
Todd Hamilton, \$39,488
David Mathis, \$39,488
Tim Petrovic, \$26,156
Jason Bohm, \$26,156
Troy Merritt, \$26,156
Chris Couch, \$26,156
Bryce Molder, \$26,156
Woody Austin, \$26,156
Will MacKenzie, \$26,156
Mark Wilson, \$26,156
Steven Bowditch, \$18,450
Kent Jones, \$18,450
Heath Slocum, \$18,450
Ben Martin, \$18,450
Jim Herman, \$18,450
D.A. Points, \$18,450
Shane Bertsch, \$18,450
D.J. Trahan, \$11,864
Alex Prugh, \$11,864
Rod Pampling, \$11,864
Frank Lickliter II, \$11,864
Josh Teater, \$11,864
Scott Piercy, \$11,864
Craig Bowden, \$11,864
John Mallinger, \$11,864
Lee Janzen, \$11,864
Cameron Beckman, \$11,864
Brian Davis, \$11,864
Chad Campbell, \$10,170
Billy Mayfair, \$10,170
J.J. Henry, \$10,170
John Merrick, \$9,990
Michael Connell, \$9,720
James Driscoll, \$9,720
Joe Ogilvie, \$9,720
William McGirt, \$9,720
Nathan Green, \$9,720
Michael Sim, \$9,360
John Rollins, \$9,360
Steve Marino, \$9,360
Jason Day, \$9,090
Jhonattan Vegas, \$9,090
David Hearn, \$9,090
Chris Stroud, \$8,865
Troy Matteson, \$8,865
Duffy Waldorf, \$8,730

66-64-63-69—262
65-67-65-66—263
64-69-70-64—267
66-69-67-65—267
66-68-70-64—268
66-62-68-72—268
66-66-63-74—269
66-67-67-69—269
68-70-68-64—270
68-67-69-66—270
70-66-65-69—270
72-65-68-66—271
70-68-67-66—271
63-71-70-67—271
71-66-67-67—271
64-70-69-68—271
69-66-67-69—271
67-66-68-70—272
68-69-66-69—272
67-68-67-70—272
69-65-67-71—272
68-69-70-66—273
68-65-73-67—273
68-68-69-68—273
69-68-67-69—273
70-65-68-70—273
69-66-68-70—273
70-66-67-71—273
68-65-69-71—273
69-69-69-67—274
72-66-68-68—274
68-68-69-69—274
70-66-68-70—274
71-66-67-70—274
69-67-67-71—274
67-70-66-71—274
65-67-68-74—274
67-68-72-68—275
70-68-69-68—275
70-66-70-69—275
67-70-68-70—275
69-66-70-71—275
66-68-70-71—275
71-66-67-71—275
67-70-74-65—276
69-68-72-67—276
69-69-70-68—276
68-70-69-69—276
66-70-70-70—276
70-67-69-70—276
67-70-69-70—276
68-65-70-73—276
66-68-69-73—276
66-69-68-73—276
67-66-67-73—276
67-69-70-71—277
67-66-72-72—277
68-68-69-72—277
67-71-67-73—278
69-66-73-71—279
71-67-70-71—279
69-67-71-72—279
67-67-71-74—279
69-64-69-77—279
67-70-70-74—281
72-65-69-75—281
64-66-73-78—281
67-69-75-71—282
68-64-75-75—282
67-69-71-75—282
69-64-76-74—283
67-69-72-75—283
67-69-73-76—285

U.S. WOMEN'S OPEN

At Colorado Springs, Colo.
Par 71
Third Round
Cristie Kerr 71-72-69—212
So Yeon Ryu 74-69-69—212
Angela Stanford 72-70-70—212
Hee Kyung Seo 72-73-68—213
Mika Miyazato 70-67-76—213
Inbee Park 71-73-70—214

Ai Miyazato 70-68-76—214
Karrie Webb 70-73-72—215
Paula Creamer 72-70-73—215
Lizette Salas 69-73-73—215
I.K. Kim 70-69-76—215
Candie Kung 76-69-71—216
Leta Lindley 73-71-72—216
Eun-Hee Ji 73-69-74—216
Wendy Ward 73-69-74—216
Ryann O'Toole 69-72-75—216
Yani Tseng 73-73-71—217
Chella Choi 71-76-70—217
Amy Yang 75-69-73—217
Junthima Gulyanamitta 73-76-68—217
Meena Lee 75-71-72—218
Morgan Pressel 75-72-71—218
Suzann Pettersen 71-75-72—218
Jiyai Shin 73-72-73—218
Sun Young Yoo 74-68-77—219
Alison Walshe 74-73-73—219
Catriona Matthew 76-70-74—220
Song Hee Kim 73-73-74—220
Jessica Korda 73-75-72—220
Beatriz Recari 76-72-72—220
Stacy Lewis 68-73-79—220
Mi-Jeong Jeon 72-73-76—221
a-Moriya Jutanugarn 76-69-76—221
Maria Hjorth 70-78-73—221
Se Ri Pak 74-70-77—221
Meaghan Francella 76-73-72—221
Sandra Gal 77-72-72—221
Mina Harigae 75-74-72—221
Karin Sjodin 74-73-75—222
Lindsey Wright 76-71-75—222
Shinobu Moromizato 76-72-74—222
Natalie Gulbis 73-75-74—222
Karen Stupples 72-77-73—222
Jean Chua 77-69-77—223
Sakura Yokomine 72-74-77—223
Mariajo Uribe 75-69-79—223
Jennifer Johnson 75-74-74—223
Brittany Lincicome 75-74-74—223
Sue Kim
a-Victoria Tanco 73-74-77—224
Lee-Anne Pace 78-69-77—224
Azahara Munoz 74-71-79—224
a-Lindy Duncan 70-78-76—224
Hee Young Park 73-71-80—224
Vicky Hurst 76-72-76—224
a-Danielle Kang 72-77-75—224
Soojin Yang 75-74-75—224
Becky Morgan 75-72-78—225
Yoo Kyeong Kim 74-74-77—225
Shanshan Feng 76-72-77—225
Bo Mee Lee 77-72-76—225
Jinyoung Pak 72-72-76—225
Gwladys Nocera 78-71-76—225
Danah Bordner 73-74-79—226
Harukyo Nomura 77-70-79—226
Sherri Steinhauer 72-76-78—226
Paola Moreno 73-76-77—226
a-Amy Anderson 69-77-81—227
Brittany Lang 72-74-81—227

TENNIS

DAVIS CUP

CANADA VS. ECUADOR

At Guayaquil, Ecuador
Yesterday's results
Reverse Singles
Vasek Pospisil, Vernon, B.C., def. Julio-Cesar Campozano, Ecuador, 6-3, 6-4, 7-5.
Philip Bester, Vancouver, vs. Ivan Endara, Ecuador.
Saturdays' results
Doubles
Daniel Nestor, Toronto, and Vasek Pospisil, Vernon, B.C., def. Emilio Gomez and Roberto Quiroz, Ecuador, 7-6 (4), 6-4, 7-5.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	7	5	6	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	5	7	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
Chivas USA	19	5	7	7	24	23	22
San Jose	18	5	6	7	28	21	21
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.

Yesterday's result
Seattle 3 Portland 2
Saturday's results
Colorado 2 Vancouver 1
Houston 2 Toronto 0
Chivas USA 1 Kansas City 1
D.C. United 1 New York 0
Los Angeles 2 Chicago 1
Philadelphia 0 San Jose 0
Real Salt Lake 2 Dallas 0

2011 FIFA WOMEN'S WORLD CUP

SECOND ROUND
QUARTER-FINALS
Yesterday's results
At Augsburg, Germany
Sweden 3, Australia 1
At Dresden, Germany
Brazil 2, U.S. 2
(U.S. advances 5-3 on penalty kicks)
Wednesday's games
Semifinals
At Moenchengladbach, Germany
France vs. U.S., Noon
At Frankfurt
Japan vs. Sweden, 2:45 p.m.

2011 FIFA MEN'S UNDER-17 WORLD CUP

Yesterday's results
At Mexico City
Bronze Medal
Germany 4 Brazil 3
Gold Medal
Mexico vs. Uruguay

2011 COPA AMERICA

Yesterday's results
At Santa Fe
Colombia 2 Bolivia 0
Tonight's game
At Cordoba
Argentina vs. Costa Rica, 8:45 p.m.
Tomorrow's games
At Mendoza
Chile vs. Peru, 8:45 p.m.
At La Plata
Uruguay vs. Mexico, 8:45 p.m.

The advertisement features three mobile devices: an iPad, an Android phone, and an iPhone. Each device displays the Metro News app interface, which includes a Twitter feed at the top, a large 'metro' logo, and various news headlines with accompanying images. The background is a dark green with a subtle pattern of green circles.

Appsolute News

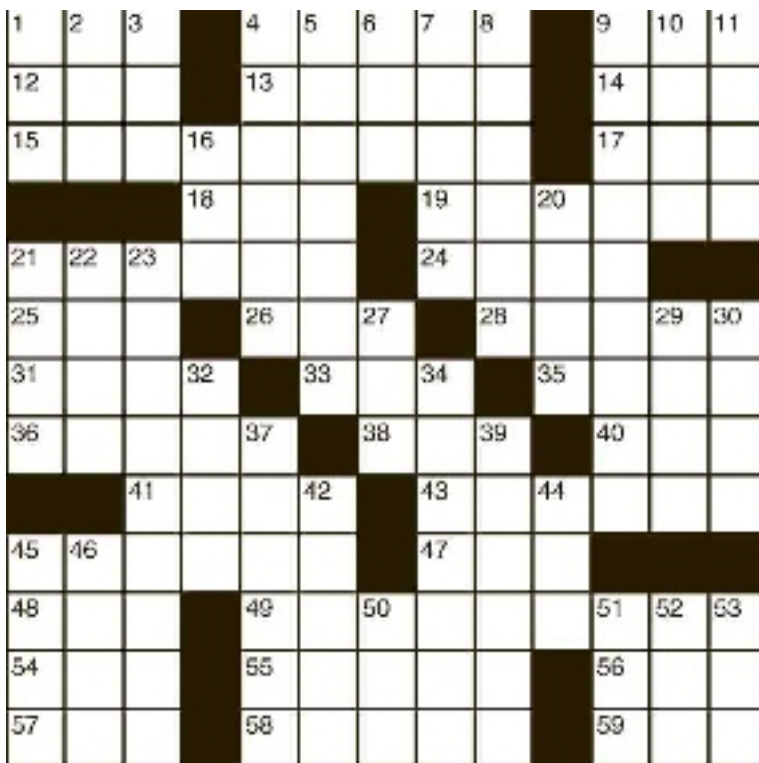
Download the METRO APP for your iPad, Android, BlackBerry and iPhone.

Android is a trademark of Google Inc.

Crossword

Across

- 1 Letterman's network
4 Agreed
9 Make up your mind
12 Luau serving
13 Reserved
14 Actress Myrna
15 Prankster's shout
17 Bankbook abbr.
18 "Sprechen — Deutsch?"
19 Isn't honest with
21 Zero
24 Apple computer
25 Fuss
26 Explosive letters
28 Set of moral rules
31 Kittenish calls
33 Rowing need
35 Slugger Sammy
36 Hammerhead parts
38 Society newcomer
40 "— the fields we go"
41 Some reddish deer
43 Chopped down
45 Islamic decree (Var.)
47 Swiss canton
48 Past
49 Foul play
54 Twosome
55 Bay window
56 Genetic stuff
57 Moray, for one
58 Lipstick alternative
59 Morning moisture
Down
1 Tax pro, for short
2 Jazz style
3 Knight's address
4 Illinois city



- 5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	2	1	3	6	4	5	9	7
7	9	5	2	8	1	4	3	6
5	4	3	9	7	5	2	8	1
4	1	8	6	5	3	9	7	2
9	6	7	8	1	2	3	6	4
2	3	6	4	9	7	8	1	5
1	8	9	5	4	6	7	2	3
5	6	2	7	8	9	1	4	8
3	7	4	1	2	8	6	5	9

Today

31°/20°
Variable

Tuesday

27°/18°
Partly cloudy

You have voted us #1 for best forecasts on TV. Thank you Canada!
©The Weather Network 2011

Today's horoscope

♈ Aries March 21-April 20
You are advised to give your feelings free rein today.
♉ Taurus April 21-May 21 You are in two minds about how to deal with someone who has let you down.
♊ Gemini May 22-June 21 Be warned: if you fall out with important people it could cost you dear.
♋ Cancer June 22-July 22 Anyone who stands between you and your objective today is going to wish they had been a little less brave.

♌ Leo July 23-Aug. 23 You may feel sorry for a friend who is in trouble but they don't need your sympathy.
♍ Virgo Aug. 24-Sept. 22 A partner or loved one has behaved badly towards you but you must not behave badly in return.
♎ Libra Sept. 23-Oct. 23 The only way to get what you want today is to give a partner or colleague what they want first.
♏ Scorpio Oct. 24-Nov. 22 Everyone will be impressed by your leadership qualities today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Your financial situation may not be as healthy as you would wish but neither is it the end of the world.
♑ Capricorn Dec. 22-Jan. 20 Affairs of the heart will take center stage.
♒ Aquarius Jan. 21-Feb. 18 If you need to tackle problems of a financial nature now is the time to get serious about it.
♓ Pisces Feb. 19-March 20 Few people have the courage to stand up to you, but that is not an invitation to trample on their feelings.

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE *Unbeatable*

Mont Tremblant **Toronto**
\$27 **\$34**
one-way one-way
Travel Aug 1/pd Travel Jul 28/pd
+ taxes & fees \$43 + taxes & fees \$56
INCLUDES roundtrip air.

1 866 720 4853 | flightcentre.ca

Conditions apply. Air only prices are per person for return travel unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. pd=porter. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

MEGA

AUTOMOBILE.com

800+ USED VEHICLES ON SITE & ONLINE!



FREE
HDTV or GPS
ON SELECT MODELS.

#1 VOLUME USED DEALER AROUND!

www.megaautomobile.com



07 Volvo S40

- Load, A/C, Lthr, Auto
- st: 32332
- km: 77729

\$14,870

\$135***
Bi-weekly



07 Beetle Convert.

- Load, A/C, Lthr, Auto
- st: 32279
- km: 74238

\$17,640

\$161***
Bi-weekly



08 Accord EX

- Load, A/C, Roof, Auto
- st: 32255
- km: 98887

\$15,870

\$145***
Bi-weekly



07 Nissan Quest

- Load, A/C, Auto
- st: 32341
- km: 91417

\$13,870

\$126***
Bi-weekly



07 Saab 9-3 Turbo

- Load, A/C, Roof, Lthr, Auto
- st: 32169
- km: 103378

\$11,780

\$107***
Bi-weekly



08 Tribute

- Load, A/C, Auto
- st: 32222
- km: 63888

\$12,750

\$116***
Bi-weekly



08 Audi A4

- Convert, NAV, Load, Lthr, Auto
- st: 32135
- km: 49074

\$28,860

\$253***
Bi-weekly



GREAT VEHICLES UNDER

\$10,000

10 Mustang Convert

- Load, A/C, Auto
- st: 31839
- km: 53533

\$23,850

\$185***
Bi-weekly



07 Sienna CE

- Load, A/C, Auto
- st: 32328
- km: 92142

\$15,930

\$145***
Bi-weekly



07 Calibre SXT

- Load, A/C
- st: 31750
- km: 102450

\$7,890

\$72***
Bi-weekly



07 Montana SV6

- Load, A/C
- st: 31570
- km: 94151

\$9,370

\$85***
Bi-weekly



07 Matrix

- Std
- st: 31443
- km: 91796

\$8,850

\$81***
Bi-weekly



07 Five Hundred SEL

- Load, A/C
- st: 32092
- km: 106039

\$9,970

\$91***
Bi-weekly



08 Mini Cooper

- Convert, Load, A/C, Lthr, Auto
- st: 32001
- km: 71698

\$16,870

\$154***
Bi-weekly



07 Camry LE

- Load, A/C, Auto
- st: 31961
- km: 89774

\$13,640

\$124***
Bi-weekly



07 Chevrolet HHR LS

- Load, A/C, Auto
- st: 32196
- km: 53821

\$9,460

\$86***
Bi-weekly



07 Caravan SXT

- Load, A/C
- st: 31931
- km: 83778

\$9,970

\$91***
Bi-weekly



09 PT-Cruiser

- Load, A/C, Auto
- st: 31807
- km: 59071

\$8,950

\$72***
Bi-weekly



08 Pontiac G5 Coupe

- A/C, Auto
- st: 31249
- km: 68951

\$8,650

\$79***
Bi-weekly



08 Ford Escape XLT

- Load, A/C, Roof, Auto
- st: 32184
- km: 67421

\$14,650

\$133***
Bi-weekly



08 Allure CXL

- Load, A/C, Roof, Lthr, Auto
- st: 32286
- km: 87966

\$13,460

\$123***
Bi-weekly



07 Sebring

- Load, A/C
- st: 31515
- km: 86262

\$9,680

\$88***
Bi-weekly



08 Ford Focus SE

- Load, A/C, Auto
- st: 31986
- km: 91981

\$8,970

\$82***
Bi-weekly



08 Corolla CE

- Load, A/C, Roof
- st: 32104
- km: 81859

\$9,960

\$91***
Bi-weekly



07 Nissan Versa S

- Load, A/C, Auto
- st: 32064
- km: 89744

\$9,820

\$89***
Bi-weekly



07 Passat

- Load, A/C, Lthr, Auto
- st: 32272
- km: 71030

\$14,930

\$136***
Bi-weekly



08 Mazda3

- A/C
- st: 32241
- km: 34874

\$10,820

\$99***
Bi-weekly



07 Mazda5 GS

- Load, A/C
- st: 32208
- km: 71434

\$9,960

\$91***
Bi-weekly



08 Elantra

- Std
- st: 31585
- km: 87573

\$7,380

\$67***
Bi-weekly



07 Golf City

- Std
- st: 31531
- km: 74669

\$8,960

\$82***
Bi-weekly



07 Pontiac Vibe

- A/C, Std
- st: 32044
- km: 95204

\$9,650

\$88***
Bi-weekly



07 Patriot Sport

- Load, A/C, Auto
- st: 31996
- km: 76411

\$10,860

\$99***
Bi-weekly



10 Toyota Yaris

- Load, A/C, Auto
- st: 32076
- km: 50602

\$12,850

\$104***
Bi-weekly



07 Acura TSX

- Load, A/C, Roof, Lthr, Auto
- st: 32300
- km: 80527

\$16,840

\$153***
Bi-weekly



07 Rabbit

- Load, A/C
- st: 32274
- km: 77858

\$13,950

\$127***
Bi-weekly



08 Ford Ranger Sport

- Std
- st: 32152
- km: 74169

\$10,880

\$99***
Bi-weekly



08 Altima 2.5S

- Load, A/C, Auto
- st: 32193
- km: 73130

\$13,820

\$126***
Bi-weekly



07 Mazda CX7 GS

- AWD, Load, A/C, Auto
- st: 29811
- km: 67352

\$15,840

\$144***
Bi-weekly



ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO

\$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.